

Life & Water-Cure JOURNAL.

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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Contents.

GENERAL ARTICLES—How to procure Park Soft Water, page 49; The Oregon, 50; Tigh Lardin, 54; Letter to Ladies, 54; Disease a Friend, 55; How to Get Well, 57; Steam for Warming Buildings, 57; Meetings of Hydro-pathic Physician, 57; Hints on Dress, 57; Flower and Garden Seeds by Mail, 58; Dr. T. C. Shew's Health, 58; **MARCH TOPICS**—Hydropathic Medical College, page 61; Vegetarianism, 61; Snow Bread, 62; State Lunatic Asylum, 62; **TO CORRESPONDENTS**—Professional Masters, page 62; **MISCELLANY**—Medical Profession in England, page 64; Water-Cure in Cold Weather, 64; Disease among Animals, 64; Hog-Killing Season, 64; Weather, 64; **BRITISH AND FOREIGN**, page 63; **MATERIALS**, page 63; **VALUABLES**—Cracked Wheat, Encouragement for Quacks, How to take a Scientific Daily Morning Abstinen in Cold Weather, Shaving, page 72.

OUR NEW WEEKLY — LIFE ILLUSTRATED — is meeting with the most cordial welcome and hearty support, wherever and by whomsoever it is received. Though not yet quite **ten thousand** the first year, and will if our friends continue their good efforts in procuring subscribers. It has proved acceptable to all, and objectionable to none. We have determined to make **LIFE ILLUSTRATED** the very best family newspaper possible. Subscribers may commence now or any time. It will be sent a year for \$2. Half a year for \$1. Prospects and sample copies sent gratis to all who may wish to form clubs.

FRUIT SEEDS.—It is not yet too late to procure and plant apple, pear, peach, cherry, plum, and other fruit seeds the coming spring; though the sooner they are put into the ground the better. For mode of preparation and planting, see "Agricultural Department" of **LIFE ILLUSTRATED**, in which directions and instruction are given.

GARDEN SEEDS and **FLOWER SEEDS** may be found on page 65 of the present number.

THE CRYSTAL FOUNTAIN WATER-CURE is fully represented by a liberal advertisement, in that department, to which our western readers are referred. Prof. H. B. GATWELL, who has lately become connected with the establishment, will lecture frequently during the year on Life and Health, and how to preserve them, to which all the inmates of the Cure will be admitted without extra charges.

DR. GEORGE FIELD announces the **ATHOL WATER-CURE** in readiness for the reception of patients. We have received several clubs of subscribers from that neighborhood.

General Articles.

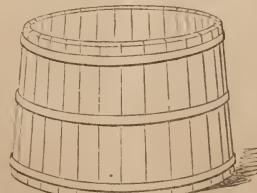
Here Contributors present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THA GOOD."

MEANS OF OBTAINING PURE, SOFT WATER.

BY JOEL SHEW, M. D.

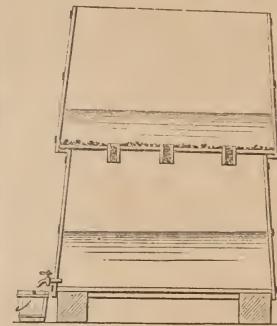
It is to be regretted that there are so many among the friends of Hydropathy throughout our country generally, who are apparently contented in using water of an inferior quality; and it is still more a matter of concern that so large a proportion of the water-cure establishments should have been located in places where they are obliged to depend upon water, which, in the very essential points of purity and softness, comes very far short of what it should be. But we may confidently hope that, as the new system becomes better understood, and the great difference in the effects of hard and soft water better appreciated, a far greater degree of attention will be given to that which is in reality a matter of very great importance.

Now, to obtain a sufficiency of pure soft water for the ordinary use of a family, is in general a very easy matter, even where it is necessary to depend upon the clouds for a supply, as must be done in most parts of our country, and especially in the more fertile sections; and the means of accomplishing this important object I propose now briefly to consider.



FILTERING CASK.—FIG. 1.

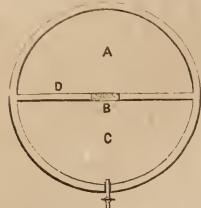
Suppose, then, a family have a supply of rain water caught in cask or a cistern. Under such circumstances it is not generally sufficiently pure or clean for drinking and culinary use. Soot, smoke, bugs, flies, and if in a city, a great deal of filth from the air, have become mixed with it. There may also be decaying vegetable or animal matter, one or both, in it. How are these all to be removed and the water rendered sweet and pure?



SECTION OF FILTERING CASK.—FIG. 2.

Any cooper of common ingenuity can readily construct the following apparatus, and at a small expense comparatively: First a cask suited to the amount of water needed, is constructed. See Fig. 1. Oak, charred inside, is, perhaps, on the whole, the best wood to be used; and it may be made to hold a few gallons or a barrel, or more as the case may be. In the bottom of this each one or more wooden tubes, two or three inches long, three-fourths of an inch or an inch in bore, are tightly inserted. In the tube or tubes well-cleaned sponges are to be crowded for the purpose of straining or filtering the water, after it has been poured into the cask. One or many tubes are used accordingly, as little or much water may be needed. This cask or vessel is to be placed over a second one of similar dimensions, which is to serve as a reservoir. The whole, when arranged, is to be set in some clean, cool and convenient place, and ready for use as seen in Fig. 2.

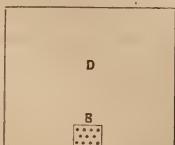
The water is, of course, poured into the upper cask, when the sponges having been arranged, it will drop slowly through them. In this way the foulest water will be rendered clean and white. But if there is any smell of foulness in it, that must be got rid of; and the most effectual way of doing it, is to have a portion of powdered charcoal in the upper cask, when the water is first poured into it. Charcoal is by nature a disinfectant, i. e., it has a chemical affinity for decaying matters, both animal and vegetable. It must be removed from time to time, and the sponges must be taken out and cleaned. In the simple way described, I have known the foulest and worst-smelling city rain water rendered white and clear as crystal, and at the same time sweet. It then needs only the addition of a little ice, to make it the perfection of water, so to say.



PLAN OF FILTERING CISTERN.—FIG. 3.

Or, in case of emergency, as for example in sickness, a common jug and tin funnel may be used as a filter. A sponge crowded into the neck of the funnel (or tunnel), answers to strain the water, while if there is any unpleasant odor in the water, charcoal may be used as in the cask filter. Once the water is thus strained into the jug, it may be hung into a well or placed in other cool place, if there is no ice at hand. In both ways of filtering, the amount of charcoal used is not important; only it is better to use an abundance of it. The sponge, properly adjusted, prevents any of it getting through into the jug or lower cask, for it is the office of sponge to filter out *all* mechanical impurities from the water.

But perhaps the best of all methods of filtering rain water, is by having a double underground cistern. With an apparatus of this kind large enough, any common house-top will furnish water enough for all domestic purposes of whatever kind. And in order to filter the water, the cistern must be made double or in two compartments. This has often been done in cities where good water has not been introduced; but to the exact manner of constructing them, I am not informed. A good one, however, may be made in this way: The cistern is to be of the desirable size, and depth, and form, of brick, or in the shape of a well. See Fig. 3. In the centre is a partition, also of brick. But at the bottom of this there is left an opening, say one foot or more square. Both the sides of the cistern all round, and the sides of the partition, are cemented water tight. In the opening referred to, is a wooden frame something like that of a window frame. This must likewise be water-tight about its edges. In this frame a plank, say two inches thick, is to be fitted, and if need be, corked around the edges, so that water can not pass. Through this plank several holes are to be bored, smoothly as possible with a bit, of about one inch, (see Fig. 4,) into which sponges are to be closely pressed. Thus, all the water that passes from the one cistern (into which only it is received) to the other, must force itself by capillary attraction through the sponges. This, as in the other methods referred to, will render it perfectly clear, certainly so if every thing is properly arranged. Charcoal can be thrown freely, if need be, into the receiving cistern for the purpose already explained. It will readily occur to every one, that this receiving cistern must from time to time be cleaned, and especially the sponges, when they become clogged.



PARTITION WALL OF FILTERING CISTERN.—FIG. 4.

From the second cistern the water may be drawn with pump or bucket, as from a common well. But I must here give a strong caution, in

regard to lead pipes. Lead tin pipes are somewhat costly it is true, but then they are safe. NO LEAD SHOULD EVER BE ALLOWED TO REMAIN IN CONTACT WITH PURE WATER; AND THE PURER THE WATER, THE GREATER THE DANGER, THE WATER BEING USED FOR DRINKING OR CULINARY USE. So important is this rule, it can not be too strictly heeded, for even the drops of vaporized rain water upon the leaden roof of a cistern, have been known to give rise to poisonous effects.

Doubtless, ingenious men will be able to devise better means than those above described, for filtering rain water. But they bear the important recommendation of simplicity and cheapness; and that they can easily be made effectual in securing the object desired, experience will show.

One other mark should here be made: It is not generally understood, that pure water never of itself becomes foul or corrupt. Get it pure and keep it so, and it will never change. It is the impurities which become mingled with it, that render water unfit for use. PURE, SOFT WATER IS ONE OF THE BEST OF HEAVEN'S GIFTS.

THE DISCUSSION.

DR. TRALL TO DR. CURTIS.

DR. CURTIS. Dear Sir:—I have waited till the last moment before the journal must go to press, in the hope of hearing from you again, in relation to the questions we have agreed to discuss.

In the last number of your Physio-Medical Recorder, which has reached me, December 1854, I find from your pen four articles on the subject-matter of our discussion. They are entitled respectively :

The Discussion—Drugs act medicinally.

Dr. Curtis to Dr. Trall, No. 3.

Dr. Curtis to Dr. Trall, No. 4.

A short work with Dr. Trall.

These articles occupy the main bulk of your journal; and in a fifth article you intimate an intention, at some future day, to attend to me, for assailing the "glorious doctrines of true medical reform."

If I have assailed any of the doctrines of your system, I have done it unwittingly, for I do not know what they are; albeit, I am familiar with some of its *professions*. In another article, you intimate that the discussion between us is already concluded, unless I should happen to say something requiring attention; whilst you modestly inform your readers, that the victory on your side is complete—that you have proved your positions and dismally mine, &c., &c.

All this may be well enough; but there are some things about it very strange, and requiring explanation. How is it that this whole discussion has been disposed of on your part, without one of my articles appearing in your journal?

The agreement between us was (and in one of your articles you have reminded me of it), that the articles on both sides should be published in their order, in the Water-Cure Journal of our school, and in the Physio-Medical Recorder of your school. The objects of this arrangement were to allow our readers the benefit of your arguments, and to afford your readers the opportunity of seeing mine.

The terms of the discussion have been religiously adhered to on my part. Every article received from you has been published in full. But, on the contrary, not one of my articles has yet appeared in your journal! You do, indeed, in your way, tell your readers what I advocate, what my position is, what Dr. Trall contends for, &c., &c., and then proceed to demolish my positions, after a fashion. Why not let me speak a little for myself? With what show of face can you violate this express stipulation? Possibly you may intend to publish my articles, after you have refuted them, and thus prepared your readers for a biased judgment. But this form of dodging is exceedingly narrow-minded, to say

the least. I have done you the justice to publish your articles first, and reply to them afterwards, and shall continue so to do. You have replied to mine without publishing them at all. How do you reconcile this proceeding with a single desire to arrive at truth?

Can it be possible that you dare not allow your readers to see a single one of my articles? I had not, myself, considered them very dangerous to you or them, for really I had scarcely touched upon the argument. Apropos—are you aware that one of the Professors of your school, one of the advertised "Faculty," has avowed himself a thorough believer in Hydropathy (it is true, Doctor), and were you afraid the four remaining Professors would "go and do likewise," if they saw both sides of our discussion? How can you prevent them from reading the Water-Cure Journal, which you know is the text book of all the schools of medicine, so far as hygiene is concerned?

In order to prolong this discussion, if possible, and bring Dr. Curtis to the point, if practicable, I will, at this time, notice some of the arguments scattered along through his four articles, especially such as approximate nearest the main point in issue, viz., "Do medicines act on the living system?"

The chief difficulty I find here is, Dr. Curtis says too much, and argues too little. He is continually presenting propositions, despatching them with an *ipso dictu*, and proving nothing. One illustration, if he will demonstrate its correctness, is as good as a thousand; if he will prove that one remedial agent acts on the living system, he has the victory.

To show that drugs do act on the body, he has instanced ginger tea, a lobelia emetic, Cayenne pepper, caustics or blisters to the skin, &c., &c. Let us again examine the principle involved in the action of these remedies.

Dr. Curtis tells us, "Thus, the reason why one article of food, poison or medicine, acts upon one tissue, and another upon another, is simply, that each being carried through the system by the vital force, through the medium of the circulation, acts on the tissue for which it has a natural affinity, uniting with and supplying some, decomposing or paralyzing some, and simply relaxing, contracting or stimulating others."

Queer philosophy this! Deadly poisons have natural affinities for living tissues! Why are they poisons then? Your philosophy needs to be turned "right about face." The reason why one poison is resisted by one tissue, or organ, more especially, is because of its unnatural relation, and the reason why some medicines are emetics, and others purgatives, and others diaphoretics &c., is because the vital forces eject them from the stomach, deject them from the bowels, expel them through the skin, &c.

Dr. Curtis continues: "Thus, the different elements of food deposit bone where bone is wanted, cartilage where cartilage, muscle where muscle, nerve where nerve, &c., is needed."

Worse yet. What are the vital forces doing all this time? If the above expression be true, what is the use of vitality? Where the necessity of a living principle? The elements of food are endowed with intelligence, and very kindly go round the system (like an overseer on a farm repairing the fences), and make deposits wherever they discover any thing wanted! There again the logic is wrong and foremost. The truth is simply this—the elements of food, after being *acted upon* (upon again) by the living tissues, according to their respective needs. A good illustration would be a baker, a butcher, and a milkman going around the streets of New York or Cincinnati, supplying the people with bread, beef, and milk. Do these dealers deposit their provisions wherever they see them to be wanted, or do the people select for themselves what they will have, and reject what they do not want? If the people should not do their own choosing, but leave it all

to the other parties, we should soon hear worse complaints about small loaves, tough meat, and blue milk, than ever. And so if the elements of our food were to make deposits in our various bones, cartilages, muscles, and nerves, according to their discretion, we should very soon be converted into lime stones, heaps of earth, fibrinous petrifications, albuminous jellies, and other inanimate objects, almost shocking to contemplate!

Dr. Curtis says again: "To put the plainness of our demonstrations beyond dispute, we will illustrate still further the proposition that Drugs act medicinally on the organism, on the denial of which Dr. Trall seems to lay the greatest stress. He admits that particles of food so far act on the body as to take the place and perform the functions of the worn-out tissues, and that poisons, if 'virulent' enough, and allowed possession long enough, either corrode the tissue or arrest its action. We repeat, although he denies in general terms that drugs act on the body, we have proved, by abundant quotations from his arguments, that he admits it in every particular of poisoning, and, of course, of medication, as he makes no other distinction between these than the mere degrees, which, in this bearing of the argument, is no distinction at all."

It is a very far-fetched inference of yours, that because particles of food take the place of worn-out tissues, they *act on* the tissues. The fact demonstrates to my mind, that they are *acted upon by the tissues*. Recollect, Dr. Curtis, that the particles of food do not take possession of the tissues; but the tissues appropriate the food. "If I eat chicken," said Rev. Henry Ward Beecher, "do I become chicken, or does chicken become me?" If particles of food are brought into contact with the living tissue, does the living tissue become particles of food, or do the particles of food become living tissue? Simple as this proposition seems, it embodies the whole philosophy of the subject we are disputing about.

I have asked Dr. Curtis to explain the rationale of a lobelia emetic. He replies: "The lobelia relaxes the stomach and passes into its substance, and the stomach reacts on the relaxation, and throws up the morbid materials. I repeat, the lobelia is *not* thrown out of the body, unless so much is given that it can not all be used till the vomiting takes place—in which case, as in the rejection of food, more should be put into it, to be *kindly received as a friend* and not an *enemy*. I may as well say that the lobelia acts on the stomach without being expelled by it, as you that the stomach acts on the lobelia, when, as is often the case, the relaxing effects of lobelia are produced without emesis. If you want any more proof that lobelia acts on the stomach, and the stomach acts on lobelia, you will do better to take it yourself and candidly watch its effects, as I have done, than attempt to drive me by ridicule from a scientific, because demonstrated, position."

This "demonstration," as you call it, is a gem of physiological nonsense. After the lobelia has relaxed the stomach, then the stomach reacts on the relaxation! The stomach reacts on itself as soon as you have destroyed its power to act at all! This is a great *misimprovement* on your former explanation, *viz.*, that "the lobelia invites the stomach to perform its natural physiological functions."

Then again, the lobelia passes into the substance of the stomach! Well, what becomes of it then? Does the lobelia become stomach, or does the stomach become lobelia?

I have taken lobelia into my own stomach, and have given it to others, and have watched its effects, candidly, and I will tell you what the effects were; and what is more, I will tell you how to explain them, for it affords me just the opportunity I want, to demonstrate my own position.

The effects were, a pungent, burning sensation in the throat, with a copious secretion from the mucous membrane and salivary glands; a distressing nausea at the stomach; then a gripping

of the bowels, with a spasmodic contraction of the abdominal and dorsal muscles; and finally, the ejection of the contents of the stomach.

The *rationale* is this: The solution being a foreign substance, and hence incapable of "passing into the substance of the stomach," or of being used in the formation or replenishment of the tissues, is opposed and resisted by the vital powers, until it is got out of the vital domain. The glands and mucous membrane pour out their fluids to dilute it, and wash it away; then the stomach gives the alarm of its injurious presence; and the vital powers of the whole body concentrate their energies where the morbid agent exists. The head is dizzy, the muscular system generally is relaxed, simply because the main force of vital action is directed to the stomach; then the abdominal and dorsal muscles contract violently, with a violence proportioned to the danger of the drug, and pressing the abdominal viscera against the stomach, and this upon the diaphragm, thus induces vomiting. The stomach, you should notice, is nearly passive, whilst the principal action is in the muscles, which form the external walls of the abdomen, and those of the back and loins. These muscles are entirely out of the reach of the lobelia; and if your theory were true, that the organs of the body act on the drug, as the drug acts on them, then all the action in vomiting should be in the stomach, and none in those remote muscles.

It is true, all the lobelia taken into the stomach may not be expelled in the act of vomiting, more or less of it will be absorbed, carried (not into the substance of the stomach but) into the circulation, to be expelled through the various emanatory emanations, as is the case with drug-medicines generally.

As I have not room to notice but one more of Dr. Curtis's "demonstrations" in this article, I will reply to the strongest point he has presented. This is the action, so called, of irritants, caustics, or blisters to the skin. Dr. Curtis thinks he has proved conclusively, that caustic potash, sulphuric acid, blistering plaster, &c., do act on the skin, because the skin is corroded and decomposed; although he does not pretend to explain *how* they act. I repeat, he has not yet proved that they act at all, and when he does prove this he will of necessity explain *how* they act.

Now to the point. If Spanish flies, or sulphuric acid, or caustic potash, or tarter emetic ointment, or oil of capsicum, or a mustard poultice, is applied to the skin of a person in ordinary health, the surface is first reddened, then if the application be continued, serum is poured out, the cuticle is raised up as a bar of partition between the living tissues and the foreign ingredient; next, purulent matter is secreted to defend the abraded surface, and if the application be still continued, the skin itself, having expended its vitality in protecting the organism, is itself cast off, sacrificed, to defend the still deeper tissues, and so on to the end.

Now, how are the phenomena to be explained? Dr. Curtis says these things act on the cuticle to decompose it; and act on the vessels to drain out their serum; and on the glands to induce them to defend themselves. In other words, the poison calls on the organism to defend itself, and get rid of it—the poison. This is simply absurd. One might as well suppose a rat to get into the cellar, and then call on the cats to perform their functions in chasing it out again; and a thief might as well invade our domicile, and then "provoke" or "invite" us to take care of our treasures, so that he can not destroy them!

But let us make our demonstration satisfactory if possible. We all know that blisters and ordinary caustics, applied to the skin of a dead person, will have no apparent effect at all. Why? Because there "is no vitality to resist," nothing to act against them. They have the same power to act on a dead surface as on a living one. They have more, if they have any, because there is no resistance. But here, where there is nothing to oppose their action, they have no effect at all.

How is this to be explained on Dr. Curtis's theory?

Again, when the system is in a very low condition of vitality, as in dropsies of long standing, and in all greatly-debilitated patients, it is very difficult to blister or even reddens the skin, with the strongest stimulants, or plasters. Why this? If the phenomena of vesication are explainable on my theory, the reason is obvious. There is not sufficient action on the part of the organism, because of deficient vitality. On Dr. Curtis's theory, the more feeble the patient, the greater should be the action of the drug.

Once more, and lastly. When a man has been poisoned by the bite of a rattlesnake, why is it that he can bear six or eight quarts of whiskey or brandy in twenty-four hours, when one-fourth the quantity would have been fatal if he had been in perfect health? And why, too, will patients in low fevers, and in delirium tremens, bear enormous doses of opium? And why will six grains of calomel salivate a person in good health, or in any disease not very severe nor dangerous, when six hundred grains will not salivate in cholera, nor in malignant typhoid fevers?

Whenever you find a way to answer these and a thousand similar questions which might be asked, you will have a proper basis upon which to prosecute your side of our discussion.

Respectfully yours,
R. T. TRALL, M.D.

THE OX SERMON.

NEW AND ENLARGED EDITION.

TEXT: *If an ox gore a man or a woman that they die, then the ox shall be stoned—but the owner shall be quit. But if the ox will be wont to push with his horns and to hold him, then shall the owner pay for the ox to a man; and if he hath not kept him in, but if it be hath killed a man or a woman, then shall he be stoned, and his owner shall be put to death.—EXODA, i. 29.*

MY FRIENDLY HEARERS:—Although the precepts of the Mosaic Law were designed especially for the Jews, yet it has been well and truly remarked by the great English commentator upon law, and is admitted by all true jurists, that they "embody those eternal and unchangeable principles of right and justice upon which all good laws and sound morality must for ever be founded."

The passage which I have selected for my text, is a special ordinance, having reference to a particular subject, and designed for a particular people; and although we should consider such a statute, in its details, cruel and oppressive, at this enlightened day, and in this highly-civilized country—where the finer feelings of our nature, and an enlightened sentiment, equally condemn the death-penalty—even for the highest crime; yet, "for every thing there is a season and a time." This statute had its time; it was once applicable and proper. That time has passed. The *letter* of the law (which *killeth*) is done away—nevertheless, the *spirit* remaineth. I hold that this law, although enacted for a special purpose, and many thousands of years ago—embodies a PRINCIPLE which is immutable, one founded in eternal justice and right, and, consequently, a principle which is as binding upon us at this day, as it was upon those to whom it was originally given. The principle is plain, broad, and of universal extent and application. Do you ask me what it is? I answer, it is this: *Every man is responsible for the evil resulting from his selfishness, or his indifference to the welfare of his neighbors.* With this principle in view, therefore, we shall proceed to a brief illustration of the text.

"If an ox gore a man or a woman that they die, then the ox shall be stoned, but the owner of the ox shall be quit." The design in stoning the ox, i.e., in killing him, was not so much to prevent him from committing further depredations, as to show how highly the law-giver valued human life, otherwise the ox might have been confined—might have been "kept in," or some other measure resorted to, so as to render him incapable of *pushing with his horns*. No, the very best that destroyed the life of man should be cast forth as an abomination. It should not live. God says to Noah: "Your blood of your lives will I require; at the hand of every beast will I require it, and at the hand of man." A stigma shall be fixed upon man or beast that shall destroy him that is made in the image and after the similitude of God.

But why is the owner of the ox quit, in this case? Why is he held guiltless? For the plain reason that death is not the result of his *selfishness*, or his *carelessness*. He had no reason to suspect such a result. It is implied that he was not aware of the unruly and dangerous disposition of his ox. It had not been testified to him that his ox was wont to push with his horns in time past. Hence he is held guiltless, upon every principle of justice.

But on the other hand, if the ox had been wont to push with his horns, and the owner knew it—then he is held responsible for the consequences. He had good reason to believe that mischief would be done by the ox, if suffered to run at large, and he took no measures to prevent it. It was testified to him by his neighbors, as well perhaps as by his own personal knowledge, that the beast was "wont to push with his horns in time past," and he did not "keep him in." Therefore, if he kill a man or a woman, the owner is held responsible; for, virtually, and to all intents and purposes, *he did the murder*, and consequently must be put to death! And why? Because the death was the result of his selfishness, or of his indifference to the lives of others, and according to the law of God, his life shall go for it. The justice of this principle can not be disputed. It is a principle in accordance with common sense—common equity, and founded on the eternal fitness of things.

Let us illustrate: You see a fellow-creature struggling in the water. You know he can not deliver himself; and you know, also, that a little assistance, such as you can easily render, would rescue him from a watery grave. You look on and pass by. You did not thrust him in. You had nothing to do with the matter. He may be a stranger to you, and you may feel that it is no consequence to you whether he drowns or not; yet he dies—and dies by your neglect. His blood will be upon your head; and at the bar of God, and at the bar of conscience, you are his murderer! Why? You say you did not kill him. True: neither did the owner of the ox even lift a hand. You had no malice, and neither had he. You did not intend the man should drown: at the very worst, you did not care. This is precisely his crime. He turned loose upon the community, a wild, fiery, ill-tempered, ungovernable animal, knowing him to be such; and, whatever mischief he might do, or what suffering he might cause, or whose life he might destroy—he did not care. But God held him responsible.

Take another case: You dog has gone mad. You hate to kill him, for you think he has, or had, some good qualities. You hate to confine him; and worse still, you hate to believe he is mad. To illustrate the case fully, we will suppose his madness to continue—until it has been testified to you that a number have died from his bite, raving mad, and that more have been bitten, and still subjected to the same wretched death; and still the animal is permitted to run at large—and you will neither kill him, nor shut him up. You affect to doubt whether any of those who died had the real hydrophobia, or whether his bite will produce the same effects again; or you ascribe the deaths that have occurred from his

bite, to some other cause—and so you leave him loose among your neighbors and their children, to scatter death and destruction wherever he goes! Does not common sense decide that you are responsible for the consequences? By every principle of law, justice and morality, you are responsible—you are guilty. All who perish by means of this ravid animal, are virtually slain by your hand! You knew your dog was mad; you had him in your power; but you would neither kill him, nor restrain him. You would not even give your neighbors warning. Before the eyes of a just community, and in the sight of Heaven, you stand condemned as a murderer; you can not, by any possibility, escape the conviction. It will be in vain for you to say, "I had no malice."—"I did not set the dog on." They might have kept out of his way. This would be but "adding insult to injury," and, instead of proving your innocence, would only prove you a selfish, unfeeling wretch.

To make a man responsible for the result of his conduct, it is not necessary to prove he had malice, or that he intended the results. The highwayman has no malice against the man he robs or murders, nor does he desire his death—but his money; he robs and murders, because he loves himself, and does not care for others—acting on the same principle of the owner of the ox, and the dog; and the same principle which holds the one guilty, will condemn the other.

In the trial of the owner of the ox, only two questions were to be asked. 1st. Was the ox wont to push with his horns in time past? and 2d. Did the owner know this when he let him loose? If so, then the owner was responsible for all the consequences.

This is the principle which we have thus far been laboring to illustrate and make plain to your comprehension. It is the rule which God himself has established; and your own good sense will teach you that it is just and immutable. We now come to the application of our subject.

Is *mercury* a poison to produce misery, wretchedness and death? And, if so, has this fact been testified to those who administer it? If these two things can be established, the inference is inevitable—they who administer it are responsible on a principle perfectly intelligible; a principle recognized, and proclaimed, and acted upon by God himself—and which commands itself to the good sense and judgment of every one, as just and right. Many are implicated in this matter, and doubtless they will be startled at the fearful conclusion, and will look around for some way to escape it. Perhaps they never thought of the matter in this light before. We can not help that. It is time, however, they were thinking of it. The law is just; the principle is immutable; we did not make it. By it, they shall be tried; and by it, stand condemned or acquitted. To the trial, then. Let the court be called, and the witnesses summoned.

We come now to prove the first proposition, viz.: *That mercury is the cause of misery and death.* "The ox hath been wont to push with his horns in time past." And here we rely entirely upon the testimony of the owner of the ox, to establish the truth of our charge. We use no interested or *ex parte* evidence. The accused shall testify against themselves; and there is no better evidence than this known in courts of law. Let the witnesses be examined:

PROF. CHAPMAN. "Mercury, in some instances, exhibits all the phenomena of a *poisonous action*, productive of the most mischievous, and sometimes even fatal effects."

DR. FARRE (author of *Homeopathic Mercury*). "Many courses of mercury will kill the patient, if the medicine were only given internally, because it proves hurtful to the stomach and intestines when given *in any form*, and joined with the *greatest correctives*. * * * Occasionally, mercury acts as a *poison*, quite unconnected with its agency as a *remedy*."

DR. HAMILTON. "Among the numerous poisons which have been used for the cure of disease, there is none possessing *more dangerous power*."

DR. FAIRFAX. "The marked effects of mercury have been *fatal* and *fatal*. It has been known to lay dormant for years, and then display the most fatal results."

DR. CHRISTISON. "Mercury acts as a *poison* on man, in

whatever way it is introduced into the body—whether it is swallowed, or inhaled in the form of vapor, or applied to the skin, or even simply rubbed or placed on the sound skin."

DR. BROWN. "Mercury has obtained in the practice in India, about fifty years, with the most *terrible and fatal effects*. It seems to turn the whole mass of blood into precipitation in a few hours."

DR. FRIEND. "The danger of administering mercury, arsenic, opium, &c., lies in the *irreversibility* of the effects, and in direct opposition to all its laws of physiology. The state of the stomach and *labilis* of body on which their action depends, can not be known, in relation to the *n. edemicæ*, death, or life, or chronic misery. . . . The teeth are loosened; the joints are cracked; the heart is contused; the lungs are more feeble; the liver is more susceptible to disease; the brain is more liable to *epilepsy*; the heart is more liable to *atmosphere*. Its *original* condition may be overruled—but it is *paying a great price for it*." *Secret history* contains from public view innumerable evidences of this sort."

PROF. POWELL. "It is my opinion that *mercury* has *more* *more disease* than all the epidemics of our country."

DR. CAYEYNE. "If *mercury* does not appear to be generally known to the people that *mercury* actually produces *seizures*, I have had three striking examples of it in my practice, within two years."

DR. HAMILTON (again). "Mercury tends to produce *tumors* and *palpæ*, and not unfrequently *incurable mania*. The evils attending the use of mercury (or calomel) are disturbed sleep, frightful dreams, impaired vision, aches and sudden failure of strength, difficult breathing, with working depression of spirits, intolerable feelings, nervous agitations, tremors, paralysis, mental derangement, deformity, bones of the face destroyed, and miserable death!"

DR. WARF (of Harvard University). "Mortification of the face, in children, which is often peculiar to them, is supposed to be owing to *mercury*."

DR. BICKEL (of the same institution). "Infants are sometimes born viviparous, but *calomel* (calomel) and extensive slouching of the mouth and gums takes place. A child will be affected by its mother's milk, if she is under the influence of *mercury*."

DR. EDELL. "Palsy, epilepsy, and even paralysis, have been known to supervene in consequence of the effects of mercury."

DR. WARE (of Harvard University). "Mortification of the face, in children, which is often peculiar to them, is supposed to be owing to *mercury*."

DR. BICKEL (of the same institution). "Infants are sometimes born viviparous, but *calomel* (calomel) and extensive slouching of the mouth and gums takes place. A child will be affected by its mother's milk, if she is under the influence of *mercury*."

DR. ANDREWS HURST. "Calomel sometimes produces *convulsions*, *fever*, *rickets*, *paroxysms* and *serpula*; it occasionally causes *purging of blood*, *mortification*; it produces *local diseases of many kinds*."

DR. HOORSE (again). "It (calomel) produces *diarrhea*, *rotten teeth*, *rickets*, *convulsions*, *king's evil*, *consumption*, and other *local diseases*."

DR. MACINTOSH. "Some practitioners trust almost exclusively to the action of mercury in fever. It is deeply to be regretted that a great *waste* of *human life* has consequently taken place."

DR. HAMILTON (of Edinburgh). "I know not whether to hail the discovery of mercury as a blessing, or regard it as a curse, since the *diseases it entails* are as numerous as those it cures."

DR. MACINTOSH (of Edinburgh). "The use of mercury as medicine, and in practice, the inconsistency fully, and *iniquity* of which, no words can sufficiently describe!"

DR. CHAPMAN (still again). Dr. Chapman being an eminent professor of the old school, of Philadelphia, and well known to the profession all over the country, we will hear his opinion on the subject. "I have no personal testimony to give you, but I can assure you, that, as a physician, I have *seen* the effects of mercury in fever. If you could see what I *simply* daily see in my private practice—persons from the South, in the very last stage of miserable existence, emaciated to a skeleton, with both plates of the *teeth* entirely *decayed*—then you would see the *useless* the *pose* gone, with rotten *teeth* and ulcerated *thrusts*—with breaths more pestiferous than the *poisonous Bohemian Upanisads*, with limbs racked with the pains of the *Inquisition*—minds as imbecile as the *plinge babe*—a grievous burden to themselves and a *most* *peculiar* *social* *nuisance*—and *scamia* (as I have often done) *open* to the *mercureal* *ignorance* which dictates which of noxious drugs, *calomel*, is a *disagreeable* *remedy* to the profession of medicine: it is *quackery*, *horrid*, *unwarmed*, *murderous* *quackery*. . . . What is the *use* of *physicians*—that is, their *profession*, by being able to *do* *nothing* *at all*?" Can not the *virtue* for *Christendom* give *calomel* and *salivate*? But I will ask another question: Who is there that can stop the *carcer* of *calomel*, when once it has taken the reins into its own *possession*? . . . when once the *farmer* has *planted* his *calomel*, in a *ripe* *stage* to *his* *field*? If he has *planted* *calomel*, will, in a single season, lay the *foundation* of a *good business* for *life*; for he will *ever* *afterwards* have *enough* to do to stop the *mercureal* *breaches* in the *constitutions* of his *planted patients*! He has thrown himself in close contact with *death*, and will have to fight him at *arm's length*, so long as one of his *patients* maintains a *miserable existence*!"

Such is a small portion of the evidence in regard to the *evil effects* of *mercury* when used as a *medicine*. We have introduced not a *tittle* of the *testimony* that we might, and that we have in our *possession*. Dr. Farre cites a *case* in which two grains of *calomel* produced *leprosy*. Hoffman,

Plonquet, Girtauner, and Bret, speak of instances of poisoning by its internal use. Davies reports a case in which the use of one grain of calomel three times a day, produced the most shocking salivation, and rendered the patient a cripple for life. In the *London Times* there is a report of a coroner's inquest upon the body of a woman, who was destroyed by taking twenty grains of calomel. The *India Journal of Medicine* cites the case of a boy 14 years of age, in whom six grains of calomel produced ulceration of the mouth, enormous swelling of the face, mortification and death!

When, my friends, are a few of the effects of mercury. But why enlarge? why enumerate cases? The world is full of its evil. The evidence is all around us. No doubt you have all seen melancholy examples of its devastation and destructive influence. Have we not, then, established our first proposition, that "mercury is the cause of misery and death"? Most undoubtedly;—and done it, too, by the testimony of those who are in the constant habit of administering it—the very best testimony that could possibly be given.

What, then, shall we say of the second proposition—that "those who administer it are aware of the fact"? Simply, that there is no necessity of dwelling upon this point. "It hath been testified to the owners, and they have not kept him in." The first charge being sustained, the second follows as a matter of course, for the testimony is from the *mouth of the owner of the ox*. He knows his evil propensities; there is no need of telling him—he confesses it. He has seen him, filled with choler, like the he-goat in Daniel's vision, and in his ungovernable fury "pushing with the horns eastward and westward, northward and southward;" desolation and death have marked his pathway, as he has gone roughshod over the nations; it has been repeatedly testified to the owner; nay, he has *seen* the work of death which his unruly beast has consummated; and he has, upon all hands, and a thousand times, heard the cries of the suffering victims, and their pleadings that he would keep him in; but all to no purpose. And there have been good men and philanthropists, who have looked on and seen the havoc and death which have been produced by the beast, and have remonstrated with the owner, and have plead with him—to keep him in, or to have him stoned; but he has not done it. In the sight of God and man, then, he is responsible for the consequences.

And pray what plea can the accused party file, in mitigation of punishment? Suppose the Jew had offered the plea that his ox possessed many redeeming qualities; that, although he had gored to death a man and a woman—yet he had also destroyed the wild boar of the wood, and rushed upon the king of the forest in his lair—animals that would have destroyed human life, but for the push of his fatal horn;—would such plea have been deemed available? The firm, unfriendly language of the law is: "If the ox was wont to push with his horn in time past, and it hath been testified to the owner, and he hath not kept him in,—but that he hath killed a man or a woman—the owner shall be put to death."

"But," saith the owner, "my ox hath killed the wild boar." Yes, but he has also killed a man. "He destroyed a fierce lion"—He also gored to death a woman! "But he gave the death-wound to a bloodthirsty tiger." He also caused the death of an innocent child! The fierce, ungovernable temper of your ox is a matter of public notoriety and dread; it hath been testified to you that he was wont to push with the horn; he has destroyed human life; and the law, with stern, unbending integrity, proclaims that you are responsible, and that you must suffer the penalty.

The ox has done his deeds of death far and wide; the testimony has been sounded long and loud—and the owner has not kept him in. No, he has ever goaded him on in his devastating course; and, while his horns have been stained

with blood, and the owner's ears have been made to tingle with the groans and cries of his wretched victims,—the air rent with the agonizing shrieks of gored men, women, and helpless children—he has had the flattering unction to his soul, that because the animal, in running his devastating round, has crushed beneath his feet a scorpion or some poisonous reptile—that, therefore, the sword of vengeance will be sheathed, and he will be held guiltless! Vain, deluded man! Such a plea will avail you nothing.

When we think how long the owner of this terrible animal has suffered him to go unrestrained, and what a vast amount of misery and wretchedness he has occasioned; the orphaned children—*the disconsolate parents—the desolate families—ruined constitutions—incurable wounds and diseases, caused by the fearful plunge of his horn—who can calculate his responsibility? Who would envy the owner the princely fortune gathered by the labors of his ox? And there are others besides the owner that will come in for some share of the responsibilities. You who see the ox at large, and know that he is wont to push with the horn, and yet fail to testify it to the owner, or look on with indifference—depend upon it, God will not hold you guiltless. You can not innocently stand aside and do nothing. An ungovernable beast is overrunning the earth, carrying disease and death in his course. The alarm has been sounded; a cry has been raised against him; his deadly work has been described, seen and felt; his victims are among every class; the blood of the high, the low, the rich and the poor, is dripping from his horn; and yet, because the ox is owned by an individual in high life, or because he is the property of a scientific man, or because he has crushed beneath his feet a viper or an adder, and because he brings wealth and riches to his owner—he must still be permitted to run on; and a heart-stricken and heart-broken community plead in vain with the owner to keep him in!*

It will not be denied by those who administer mercury as medicine—not even one of them will deny the fact—that it is wont to produce misery, disease and death. Nor can they deny that this fact has been testified to them for near half a century. These two things are irrefutably and *undeniably* established—and the inference is inevitable. Upon a principle perfectly intelligible to all—one recognized, proclaimed, and acted upon by God himself—they are responsible; and it is a fearful responsibility. When they hear our remarks, no doubt they will heap upon us opprobrious epithets, accuse us of sinister motives, and say all manner of hard things of us. But the fault lies not with us. They are found openly violating a principle laid down by Jehovah himself, and one which they themselves can not deny nor gainsay; and we have only said to them, "Thou art the man." We have enacted no new law—established no new principle. But if we have independence and honesty enough to say to the murderer, "Thou shalt not kill;" or to the thief, "Thou shalt not steal;" or to the licentious man, "Thou shalt not commit adultery;" or to the quack, "Thou shalt not poison thy fellow-man;"—we may expect a full share of obloquy and persecution. But we are prepared for it. Nothing of this sort shall intimidate us, nor prevent us from doing our duty. The administrators of mercury have let loose upon the world an ox, "which has been wont to push with his horn in time past, and it hath been testified to them, and they have not kept him in;" but he hath killed men, women and children, as they themselves do know and testify; and now what shall be done? We will go to the people; we will tell them; we will spread the alarm far and near, that they may be on their guard, and avoid, if possible, the dangerous beast. We will warn both the owner and the people; and then we will leave the result with Him who has established that eternal and unchangeable principle of right and justice, which declares that "THE OX SHALL BE STONED, AND THE

OWNER SHALL BE PUT TO DEATH." And now may you, one and all, my friends, be so fortunate as to avoid this dangerous beast, MERCURY, and all his family kin, that are wont to "push with their horns"—from this time forth and for ever more. So mote it be.

TIGHT LACING.

BY D. W. RANNEY, M. D.

THOSE who have had much experience in the practice of the Water-Cure can easily refer to "cases" in their practice, which, in their cure, border closely upon the marvellous.

Six years ago I opened a Water-Cure in the limestone regions of Central New York, but abandoned its "hard" water for the "soft" springs and pleasant groves of Mount Prospect Cure, Binghamton, N. Y.

At the time of opening the first Cure, there were comparatively but few believers in the Hydrostatic system, and like a certain nobleman who lacked guests for his feast, I almost had to "go out into the highways and hedges, and compel them to come in, that my house might be filled."

Wherever I heard of a *hard case*, I made bold to suggest a trial of the new system, and invariably with happy results.

Before completing arrangements for the reception of patients, I had decided to make a strong application for the treatment of a young lady, then suffering from a course of orthodox drugging. After opening the Institution, I made application to her brother for her to make a trial of the Hydrostatic treatment; and with a dolorous expression of countenance he said,

"Doctor, it is too late. Eminent physicians refuse to treat her case. One sent for fourteen miles distant, has just returned, abandoning her. She can live but a few days at most; and if she should die at the Institution, it would injure your reputation very much."

But to my remark, that he might as well bring her to the Water-Cure as to follow her to the grave, and that I would risk the loss of reputation, he replied, that he would bring her, and make the trial.

I well recollect her ghostly appearance, as she arrived at the Cure upon a bed. A diagnosis of her case truly presented but little hope. A victim of "tight lacing" in its most aggravated form, scarcely a prominent organ but was more or less deranged or diseased. The liver was swollen and exceedingly sensitive. Displacement of the viscera and framework of the organism; a suppression of the meuses; an atrophied appearance of the general system; epistaxis, vicarious of menstruation; habitual constipation, and cold extremities, were some of the leading appearances presented.

Mild treatment, consisting mainly of tepid sponges and enemas, fomentations, sitz-baths, compresses, hot foot, and warm rubbing shallow baths, produced a magic change; and she returned to her home from the Institution, with her lease of life renewed for many a year of happiness and joy.

Two years after, while passing her residence, I called to note her progress of cure; and found her preparing a meal for the family, singing blithe notes of pleasure, apparently as free from suffering and pain as the feathered songsters that warbled in the grove.

The favorable result of the Water-Cure treatment in this, and other hard cases, produced some excitement in the community; and I will close with an anecdote in illustration.

A coffin-dealer, for some reason, concluded to remove from our village to a distant one. As a teamster, with a large load of the ready-made ones, drove into the distant village, he was subjected to rather severe quizzing as to where he came from—where he was going to stop with

that load, &c. At last, somewhat irritated by such general expressions from the crowd at what he considered his legitimate business, he checked his team, and remarked, "I'll tell ye, gentlemen, the history of *these here* coffins. They've started a Water-Cure where they were made, and we are compelled to bring them out here where they are wanted."

A LETTER
TO LADIES WHO HAVE BEEN PATIENTS AT
OUR INSTITUTION.

BY HARRIET N. AUSTIN, M.D.

THOUGH the subject on which I wish to address you, is one of great interest to every reader of the WATER-CURE JOURNAL, I choose to address *you* particularly, because, in doing so, I can speak with that freedom which we feel in talking to those whom we know, and who know us. We are not strangers to each other, and in the expression of my sentiments, *you* have this evidence of my sincerity; *you know* that I practice what I preach.

Another reason why I speak to *you* particularly, is, that *you* are intelligent as to the wrongfulness of physical transgression. Every person, who, for any length of time, has been an inmate of our house, has the consciousness that such transgression is not merely an *evil*, it is a *sin*.

Still another reason is, because *you* have ranked yourselves among reformers. You may dislike the name; you may call yourselves conservative, and talk reverentially of time-honored customs; but in the very act of going to a WATER-CURE you broke through the bonds of one of the most tyrannous of these customs, and in a certain sense separated yourselves from the world; and therefore *I may*, as *I shall*, ask you still further to separate yourselves, and break through other customs. You have taken the initiative step; you should not stop while there is so much that needs reforming.

Prominent among the evil habits which, in our country, are the cause of the dearth of health and vigor so universal among females, is an unhealthful and inconvenient mode of dress. Do not rebuff me by saying, as has *been* said, that "these short dress advocates put too great stress on the length of the skirt." That "if one will put on a short dress, they are satisfied, no matter how injudicious the dress may be in other respects." This is not true. I am fully aware of the injuriousness of a dress which in any way restrains the voluntary or involuntary action of any of the muscles, or which is so disposed as to subject some portions of the body to an undue amount of weight and heat, while other portions are left exposed to cold and dampness, or which is not modified in quality and quantity to meet the variations of the atmospheric temperature. But *I do* put great stress on the length of the skirt. This I may do and not undervalue the other; and in this communication I shall speak principally of this feature of the dress-reform, because, when persons become so much in earnest in the reform as to be willing to adopt this, there is but little danger that they will feel bound to follow other injurious fashions.

The advantages of the short over the long dress are, first, it is more healthful; second, it is more convenient; third, it is more economical, and fourth, it is more cleanly.

Perhaps the first two are so nearly identical as to make every argument which applies to one applicable to the other. It is more convenient because it gives greater freedom of action, and this, with its less weight, are the arguments for its greater healthfulness. Flowing skirts are, from association so essential in all our ideas of woman's dress, they have indeed become so much

a part of the women of this age, that we can not readily conceive the restraint they put on her natural movements; and probably this can not be fully realized by any one who has not worn both forms of dress. But imagine for a moment, a company of men dressed comfortably, and as they usually dress in every respect, with the exception of having skirts as long and wide, and as many in number as women wear, and we can perceive at once what an encumbrance they would be. Think of a merchant's clerk bustling around his counters and up and down stairs, his hands filled with goods, or the porter in a hotel, or the physician climbing into his carriage a dozen times daily, with skirts and underskirts reaching to his feet. Even the man of leisure, whose whole exercise, perhaps, consists of walking through the streets, would consider himself bound if he were obliged to take all those walks in such a dress. But no class of men would submit to it for one day.

It does restrain the free and natural use of the limbs. You could not help feeling this, when, for the first time, you put on our dress. You felt, as many express it, "like a little girl." You wanted to dance, or jump about, or run, and frolic. The sense of lightness and freedom experienced was delightful; and after being accustomed to it for a time, and then, in returning to your homes, returning to the long dress, you have felt that you were putting on fetters. Now, is it not plain, that though women wear these fetters *unconsciously* all their lives, they wear them at great disadvantage? Do you not know that those who labor expend much more strength than they would if they dressed properly? (Imagine our bath girls doing their work with long dresses.) And do you not know that those who *do not* labor, do not take half the exercise in the open air they would, if they wore short skirts? Think of yourselves climbing our mountains, rolling balls in the alley, rowing on our lake, and walking four, six, or eight miles daily, with long skirts. And is it not evident that this needless expenditure of nerve in the former, and inactivity in the latter, is a cause of premature wearing-out and disease? Do you think if the women of the United States were to-day dressed healthfully, they would be the feeble, dependent, sickly race they are? No, indeed! If women dressed as comfortably as men do, their natural desire for activity and self-reliance would be carried out, and soon the irregularity in physical strength and amount of suffering by disease, between the two sexes, would become less than most persons suppose God ever intended it should be.

The superior economy and cleanliness of the short dress over the present fashion, is not so apparent as over the fashions of a year ago, when skirts swept the ground. The present style is an improvement, and I should rejoice at it, were it true that those who have adopted it, have done so because it is an improvement. But they have shortened their skirts, merely because fashion says so; and, if next year, the same fickle tyrant should say lengthen them, they would do that just as readily. And, at best, dresses as they are worn now, are much sooner soiled and destroyed than a short dress. We can walk with entire ease and freedom through all sorts of streets and in all sorts of weather, without any of that exposure from lifting of skirts, which, if it is not indecent, is, to say the least, ridiculous.

I wish to ask every one of you who have worn the short dress at Glen Haven, and liked it, (for if I remember rightly, I have never known, though I have heard of a woman who had tried the short dress and did not like it,) why you will not wear it every where. I believe there rests on you a responsibility in this matter. It is not merely a question of your individual comfort or health. If it were, you might, perhaps, afford to suffer physically, rather than to be singular. But it is a question which affects essentially the character and condition of the women of this country. No matter what a woman's occupation is,

whether it is working in the kitchen, or sitting in the parlor, whether it requires her to walk many miles or to ascend many times daily half a dozen flights of stairs, she feels compelled to wear the same cumbersome dress because all other women wear it. There is no other possible reason for it, of the least force. Now, if this spell were once broken; if woman felt perfectly free, without the fear of ridicule or loss of caste before their eyes, to dress as their own consciousness teaches them is convenient and proper, not only would their physical strength and independence be greatly increased, but a corresponding strength of mind and will to do right fearless of public sentiment, would grow up.

It is in your power to help to do this thing. You are possessed of a truth which the mass of women have not learned. *You know* that the new form of dress is vastly better than the old. Then if you would do the greatest amount of good in your power, are you not bound to wear it, and thus *live the truth*? What if you are ridiculed and abused? You surely will not forsake a principle for that?

The world never will progress one step above where it now stands, if those who conceive or receive a new truth are not willing to suffer for it. No newly-discovered principle has ever been accepted by men, till some had made sacrifices for it.

The question of a short or a long dress may seem of little consequence to some, but I insist that the principle involved in this matter is one worthy of sacrifices; and if victims have yet to be offered on this altar, are there not those among you who are ready for a martyrdom?

I believe the hottest of this battle is fought. I know, that if every woman in this country who would be glad to wear the short dress, would put it on to-morrow, the number would be so great as at once to make it respectable and honorable. Why, then, do they not do it? Is it not simply because they lack courage? They fear they shall not be sustained. Are you not willing to risk so much as this? You shall have honor as well as dishonor. I have worn this dress at the East and West, at the North and South, in cars and stages, and on steamboats; in crowded streets, in public and social assemblies, in hotels and colleges, and though the vulgar and uncultured have wasted many a low remark on it and me, every where the refined and gentle-bred, especially among men, have given me deference and honor—not in *spite* of my dress, but because *they approved* it, and I had the *sense and the courage* to wear it.

So you will find it. Those who can not brave the ridicule and scorn which may attach to the introduction of the dress in your localities, will thank you for having the courage which they lack. Then wear that dress. Wear it for your own sake—for the sake of women at large—for the sake of WATER-CURE—for the credit of the GLEN. Overcome your own timidity and you have overcome the greatest obstacle. Be brave and *firm*. Persevere, and you will find your self-respect and self-reliance increased. You will have more character in community, and *future* generations will bless you.

Very respectfully,

HARRIET N. AUSTIN.

GLEN HAVEN, January 1, 1855.

A COMPLIMENT.—The *Connecticut Journal and Herald*, published in New Haven, says: "Dr. Trall's Hydrostatic Institute and School is large and commodious, located in one of the pleasantest sections of New York city. Dr. Trall is the author of the *Hydrostatic Encyclopedia*, probably the most elaborate and profound work on that subject, and his pen is constantly employed in the WATER-CURE JOURNAL. To a discriminating and vigorous mind it joins a large experience, and is probably the most systematic and thorough Instructor and Practitioner in this country. Having been personally benefited by 'the treatment,' we can sincerely advise invalids to visit Dr. Trall."

DISEASE A FRIEND.
CASES OF ERYSPIELAS OF THE HEAD.

BY JOEL SHEW, M. D.

THOSE who have read my former article on the nature of disease, are aware of my position, that what we call disease, or diseased action, is, in many instances at least, only a salutary effort on the part of nature to restore a condition of health. I will here give two cases of what is generally regarded—and rightly, too, when treated by drugs—a very dangerous disease, and which go to establish the doctrine for which I contend. I refer to *erysipelas of the head*.

Case I.—Several years ago, a middle-aged lady, of hardly tolerable constitution, was brought to my establishment in what was called a severe crisis—she having been for some time under treatment for chronic rheumatism. She had at the time, large carbuncular boils, which evidently had been aggravated by oiled-silk bandages which she had worn upon the parts. She had also a few days previously been exposed to the contagion of a very fatal *typhus* fever that was raging in the part where she had been. She had, in fact, been bathed daily, and often, by a servant-woman, who was at the same time performing similar offices for one who was at the very point of death with the fever, and who died just before the lady came to my house. But I was not at all aware of these facts when the patient came to us.

In a few days, she also was taken down with the fever. It was treated mildly from the first, by wet compresses and very frequent ablutions in water at from 70° to 80° F., but never colder. The patient was timid, and felt a great dread of the wet pack. But the wet bandages and the baths—in a sitting-tub, usually—from four to eight times in the twenty-four hours, were sufficient to keep the fever in tolerable check. Clysters were also used as occasion seemed to require; water was drunk often by littles, but nearly no nourishment was taken for several days. Beginning as we did at the very first, with water, and water only, she was at no time so weak but that she could sit up in an easy rocker, more or less through the day. She also got considerable rest nights; but for several days she was very deaf, as not unfrequently happens in attacks of this kind. Speaking from memory, she was quite convalescent in about two weeks.

I said the patient had a crop of severe boils when she was taken down with fever. These passed off very soon, even before the fever had reached its height. But as the fever went off, there came another trouble which we did not expect. She was attacked with erysipelas of the head. I should remark also, that the rheumatism died away with the boils.

The patient (who had been in her right mind, although sometimes not a little stupid, during the fever) now became possessed with a sort of insane notion that *cold water*, as she expressed it, would be the certain death of one having erysipelas in the head. In vain I reasoned with her, and endeavored to explain to her why water—and that at least cool—must prove at least as salutary in this, as any other severe inflammatory disease. But she was not well satisfied, and all the treatment she had was about as nearly nothing as we could make it. But this I well knew was far better than nitrate of silver, calomel, opium, and so forth. In some ten days she revived again, and soon began to be quite like herself. I should not omit to mention that she had a very large and airy room, which was kept well ventilated at all times. The fever did not spread to any one in my house, or any of those who came to see her. It was quite late in the winter, the weather snowy and blustering, and just as spring was to set in.

The explanation of this lady's case, is this:—She had for years been dyspeptic and nervous, which troubles were not certainly rendered

less by her free use of tea. She did not inherit rheumatism; but on lodging for a time in a basement room, in one of the finest parts of the city, she became rheumatic. The rheumatism was an effort on the part of nature to throw off a peculiar acid substance that had been generated in the blood. The water-processes, although not managed the best in all respects, yet augmented the vital force, and in the improved condition the boils were thrown out. The poison of the fever was of course a hinderance, and doubtless increased the necessity for so formidable a crisis as the erysipelas that followed it. It can never be of benefit to poison the system with infection; but in spite of this, the patient, through her fasting, bathing, water-drinking, &c., came from the ordeal greatly improved. *She was not injured by drugs.*

Case II.—About the middle of December, 1854, a gentleman, aged about 33, and of good constitution, naturally, was likewise attacked with erysipelas of the head. He had for some months been a little ailing; felt himself nervous, dyspeptic, bilious, and with a bad taste in his mouth. He had been for years, I am sorry to say, in the habit (being a very busy and industrious person) of using tobacco, and more, probably, than he was at all aware of. This practice (both chewing and smoking in his case) would of necessity bring trouble of some sort. At length came the disease mentioned.

First, it took him upon the lobe of one ear, and then for several days spread till it extended over most of the face. Like a wise man, he, from the very first, took to "water, and water only." He became a good deal "bottled" in his physiognomy, but nothing like to that extent we often see when the patient is well dosed with drugs. He lost all appetite; had a great coating on his tongue; ate now and then a little of raw apple, or gruel, or a mouthful of dry brown toast, but on the whole about the same as fasted for a week. He could sit up at any time; read the papers out of one eye or the other, and slept very well nights. He bathed from four to six times in the twenty-four hours—in the night as well as day—whenever he needed the bath to give sleep. Water from 75° to 80° F., and a thorough wash-off, sometimes in the bath-room, at others in the sitting-bath tub; injections as he needed, and the wet girle night and day; also cooling wet compresses to the parts affected, as much as comfort demanded. About ten days from the time the was first taken, he experienced a slight relapse by getting chilled, apparently, from going into a room that was damp and cold, for a bath; and now, it being nearly two weeks from the first of his disease, he is fully convalescent. In addition to his four baths per day, he will for some time have a pack daily, for the purpose of purifying the system and handing it against cold.

In explanation of this case I remark first, the patient, having had biliousness, boils, &c., was taken ill (it being a necessity in the system) with a stronger form of crisis, *i. e.*, erysipelas. Getting well through this, by appropriate treatment, fasting, &c., his system will be rendered more pure and healthful, and if he will but follow correct habits throughout, he will long be the better for it. But will he leave off that awfully pernicious habit of using tobacco? While sick he can not use it, because nature then asserts her supremacy; but if he rides himself wholly and for ever from it afterwards, he will prove himself greater than the man who shall be able to take Sebastian!

In conclusion, I will remark to such as may have some degree of confidence in my opinions, not, if you are attacked with erysipelas, at once become frightened and send for a physician doctor, as too many of the "Water-Cure believers" are in the habit of doing. Suppose the disease is upon the head—a bad place, surely—you are yet a good deal better off with a little bathing, bandages, pure air, cleanliness, and good nursing, yes, a vast deal better off than with drugs. I have, during the past eleven years,

repeatedly treated this disease, with water, in this city, and in every case with the best of results. But if you have no courage, you must succumb to that edict which declares it to be *fashionable* to die by drugs. And it is sad to think how many have been destroyed in this disease—killed outright, I may say—by bleeding, blistering, and physicing, the last fatal dose yet upon the patient's stomach when his life went out!

HOW TO GET WELL.

BY JAMES C. JACKSON.

SPRING has come! She is on the mountains, and her tripping, skipping feet are heard, like the feet of dancing girls to merry music. What a generous

"All Hail!"

awaits her incoming. The poor, the half-fed, the unsheltered, the ragged, the out-casts on the highways of life, will kneel and kiss the hem of her garments—for she will bless them, she will smile on them, she will warm their chilled blood-currents, and make the earth, for six long months, a wilderness to blossom like the rose. I can not think of a greater calamity to the needy, than a northern winter, nor a greater blessing than a fresh, out-bursting, blossoming spring. Blessed epoch in the lives of the poor! 'Tis as the voice of God to them, bidding them courage.

If spring is such blessing to the poor and needy, what must she not be to you, O sick ones? You who have been confined to your bed or your chambers, to whom the springing up of the violet is as a new creation, who are exhilarated by the songs of the wild wood-birds, whose blood courses more swiftly for the bracing air you breathe, whose mental moods are improved from sight of fleecy clouds, or lightning flash, or the mutter of the thunder in the distance; Spring is a messenger of mercy to you. She bespeaks for you new "reas of life." Her presence encourages you, and you will think, and many of you decide to visit Water-Cure establishments, and try the virtues of Hydrotherapy. You have tried medicines sufficiently. Their most skilful administrators have failed. Glowing accounts of the *restorations* at Water-Cures, have reached you. The halt, blind, deaf, bed-ridden, and well-nigh dead, you have heard, have been cured—have arisen by *magic* touch to full, bounding, rosy-cheeked health. And you are longing to matriculate, to have your names enrolled, and

"Splash and dash
In water,"

till disease shall give up possession.

Now, Water-Cure is worthy of your highest consideration. It has demonstrated its efficiency to the amplest satisfaction of its friends. It has more than answered their expectations. Yet it will not do for you to judge of it in the light of reports of *magic* renovations. Such are exceptional. They form no safe basis for judgment, and when relied on, serve only to mortify and disappoint—for facts are otherwise, and nothing is gained by deception or misconception.

The great majority of those who seek health at Water-Cures are *very sick* persons. Hydrotherapy always operates through the action of the natural forces of the body, and these forces know nothing of *magic*. For good or ill, they change bodily structures, as a general rule, slowly. Assuming one to have been *long sick*, to have tampered by medicines with the integrity of his powers, to have seduced, induced, or compelled them to imperfected action, what expectation may such one reasonably entertain of having *deranged* functions *arranged*, weakened organs strengthened,

unequal circulation equalized, flabby muscle supplanted by solid, inflamed mucous membrane reduced to natural conditions, defective secretion, excretion, and absorption made effective, by taking a few baths? by a week's treatment? by a few meals of Graham pudding? In my judgment he may entertain *no such expectation, reasonably*. Water-Cure in its cures of *chronic* diseases will have to relieve the public from the impression that it claims for itself *magic* virtue. It sets up *no such claim*. It never did. In this it has been misrepresented. What it claims is far different from this and is, simply, that by its processes, which include all Hygienic agencies, it can cure any disease more speedily, more safely, more efficiently than any other method known to man. It does *not* claim that it can cure the *incurable*, or cure diseases of long standing, *instantly*. It knows nothing of *hocus-pocus*, has no incantations, adopts no mummeries, attempts no cheateers, avoids the pretensions of the empiric, the loud noise of the charlatan, and the abracadabra of the druggiver; but turns with implicit faith to *nature*, and through her sees God. If Water-Cure is quackery, then nature is a quack, and the Creator an empiric. For, from the exercise it enjoins, to the food it prescribes, from the precision it adopts, to the baths it gives, it acts with special eyesight to the injunctions of *law*. Its plans, processes, movements, and rules, are transcripts, as far as they go, of the laws of God written *in*, or *on* the human organization. To understand perfectly the law of *action* of any organ of the body, is to understand its derangements. If I am perfectly acquainted with the principles of a steam engine, I know when it is *in order*, and to be able to know when it is *out of order*. Also, to know what is necessary to *keep it in order*, is to know what is needed when it is *out of order* to *put it in order*. So with the human body. To know the agencies whose legitimate influence is to *keep* the human body in health, to preserve health, to prolong life, is also to know the agencies which are useful and essential to *restore* health. The sick one wants to cure him exactly—though it may be in different measure—those means which, were he well, would tend naturally to keep him well. Tell me, then, what is good to keep men from becoming sick, and I will tell you what will cure them—if curable—when sick.

Sick persons always get well, by, or through, or in harmony with the laws which govern their bodies. Now, it is a settled fact, that changes of structure, or function, or condition, from health to sickness are *slow*. Men, women, and children scarcely ever become sick *suddenly*. Preparative processes are long at work. Underminings are going on for weeks, months, and not unfrequently for years, before sickness shows itself; for the essential condition to life is *health*. As surely as the Creator intends man to *live*, so He intends him to be *well*. Sickness, then, is an interloper, not sent by heaven, but introduced by man; and, as God is wiser and more merciful to man than man is to himself, so He surrounds his creatures with all possible protection. He fortifies him, guards him, defends him, and sustains him. From the light that comes streaming from the sun to bless and beautify the earth, to the fleecy growth on a sheep's back, heaven's agencies are at work for his preservation. Human beings have a hard task to be *sick*. They defy God at a *stout* rate, or health would be theirs quite certainly.

If, then, great waste of vitality, or profuse expenditure of power is needful to the production of sickness, is it possible that changes from sickness to health can be *rapid*? Surely not. For the influences which are potent to *preserve* health to a healthy person, operate feebly in the way of restoration to a body greatly deranged or debilitated. Their attachment is slender. They work great odds. Their effect is slight. Take air, light, food, clothing; exercise, bathing, and social intercourse; how discrimina-

tingly any, or all must be brought to bear, in many instances, on sick persons. The reason is obvious. They have been compelled to overcome hosts of guardian angels before they could tear down their own beautiful structure which the Divine hands had built. And when they had won the victory, they had nearly or perhaps quite wrought out their own ruin. Their victory was like that of Pyrrhus over the Romans—an inevitable index of their own destruction.

Yet, having done it, they talk and act as though Water-Cure, to be good for any thing, worthy of their, or others' confidence, should be able to rebuild their ruined temple, and present it to the gaze of astonished lookers-on in more than original beauty and grace, in a period of time not exceeding the rearing of those palaces built by the possessor of Aladdin's lamp. "O fools and blind!" It is not so. God deals with transgressors. For you, there is no royal road to redemption, no law of *exception*. The law of cure is the law of *expiation*. If some stray angel ever drops into your lap a leaf plucked from the tree of healing, it will be as a *reward* for your unweary patience and perseverance in well-doing. You will have to *work*. Steady obedience to the laws of your existence, made cheerful and pleasant by a living faith in the great authority who has imposed those laws, are the conditions alone, on which you will ever know the *health* you so much desire. Doctors may patch you up with drugs, or brace you up with stimulants, or conceal your diseases by stupid opiates, but these are only *simulacra*—semblances of what you are in reality after, illusions which mislead and cheat you to your sorrow.

Before you cross the threshold of home, for Water-Cures, I suggest that you think seriously of this matter, and decide the probabilities of your being *co-workers* with the physicians in the Institutions to which you may go. For, as you shall or shall not *work* together with them, will you, in all probability, *be or not be cured*. Many are the failures at Water Establishments, for which the patients are to blame; those having them in charge, having nobly done their duty. It is sad to witness the utter want of common sense displayed by (now and then) patients at Water Institutions. It may not be deemed intrusive in me, perhaps, to point out, in general terms, some things which may be useful to you in your course of treatment at the Establishments where you may reside.

1. Select your Cure and go to it. Once there, do not, like a *godless*, critic in church, *immediately* commence making observations with a view to find fault. Leave criticism to follow acquaintance. A Water-Cure, well conducted, is a *peculiar institution* so peculiar as to be beyond any truthful neophy whole criticism. Inevitably, if on mere introduction, you indulge in censorship, you prove yourselves *unwise* and ungenerous. Give yourselves ample opportunity to *know* why and wherefore the Doctors do this, that, or the other thing, so *strange* to you. A good Water-Cure is a *"sui generis"* concern. It has its own modes of conduction, differing, perhaps, to a large degree, from what you fancied it would be. Are you certain that it is any worse than it corresponds not to your notions? Be patient, observe if you wish, and learn if you can, but judge righteous judgment. At the outset give the establishment your confidence, and with draw it only for good cause.

2. Yield a cheerful, hearty acquiescence to the *Rules* of the Institution. If founded in reason they are Divine guarantees to your success. Physical being as exact as Mathematical law regularity is needful, and a rule implies it. To eat, drink, sleep, exercise, read, play, pray, dance, ride, write, think, or act *irregularly*, is to do all that you can for a continuance in ill health. To do the *converse* of them is to summon all spiritual (and earthly healthful) forces to your side as *helpers*. For, where the laws of the Divine are, there is the Divine himself to aid in their en-

forcement. To obey is to have God on your side, in the work of your healing, for it is God "who healtheth your diseases, and who redeleth your lives from destruction, and who crowneth you with loving-kindness and tender mercy."

3. Do not suppose it possible for your physicians to tell you how long it will take them to cure you, for they can not tell; and if by importunity you force them to set a time, you compel them to assume the air of the mountebank, look wise, and *guess*. Now "guessing" is not appropriate for a physician, and he looks ill in attempts at it. There are good reasons why he should be unable to guess shrewdly, or speak with precision on the subject. Some of them are these:

I. He is a poor judge at first sight, of your constitutional peculiarities.

II. He knows, except from your statements, but little of your *antecedents*, and of these your knowledge is often defective just at the point where it is *essential* to know.

III. You do not know, and so he can not, to what extent and in what direction your systems have been injured by medicines, for you do not know *what* medicines you have taken. All you can say is, "that you have taken, first to last, a great deal, and some of it pretty bad tasting stuff; and likely as not it has injured you." For aught he can say, you may be hopelessly ruined by the *poisons* you have taken. It is not unknown to Hydropathic physicians, that persons have been poisoned to that degree, by medicines administered by learned doctors, that at length health has given way and life followed after. It is a fact in *my* experience as a physician, that at least *one-half*, if not *three-fifths*, of all who come to me or Miss Austin for treatment of chronic diseases, are carrying about ailments which medicines have induced—diseases which are not known, and were never heard of, and never will be, where medicines are not given. It is a fact, historically veritable, that *new* diseases keep—"pari passu"—equal pace with the introduction of *new* remedies, so much so, that new phases or types are becoming visible since Homoeopathy. How, then, can it be expected that a Water-Cure physician can tell what *set time* you will have to stay, in order to complete recovery? He can not do it, and if he says he can, or *guesses* that he can, or *infers* that he can, so far he is *dishonest*. His power, at best, is confined to a correct *diagnosis*—a knowledge of what ails you, and sound discretion as to your curability. Further that this he may not go and maintain his self-respect. So do not ask him.

4. Do not waste nervous energy in eating between meals, in irregular exercise, in indeterminateness about going to bed or getting up, in borrowing trouble about matters and things at home. These retard your recovery. Slight frettings not unfrequently give wrong direction to the nervous force, and so spoil the effect of your treatment.

5. Do not complain of the frequency or unfreedom of your *bowels*. It is quite a common impression among matriculants at Water-Cures, that the rapidity of restoration is in the ratio of the frequency of baths given. This is a mistake, and one which physicians as well as patients fall into, and one which needs correction. The *rule* of recovery is the capacity of reaction, inducing needful changes. Now, one bath a day, or every other day, is all that some persons can bear; for it is all they can react from, and so it is all they need. More than this would harm them. They will gain in flesh and strength, and put out new buds of life, as rapidly, and freshly, on what treatment they take, as others will who take half a dozen baths between rising and retiring. Yet of such persons, their friends will say, "If you can take only one bath a day, or three baths a week, you may as well come home; you can take them at home just as well, and save this expense." Misjudging friends, how differently they reason from your physicians, who argue, and rightly, too, that *because* you can take only one bath a

day, therefore you can not safely take that unless under the eye of one who knows what he does, and why he does it.

Do not gossip. In its effects it is in the next degree injurious to taking of medicine. Do not approach others, nor suffer yourselves to be approached by others with wise and learned observations on the prescriptions which you or they may hear. Your physicians are more competent than you; if not, you should not stay with them. In fine, enter on your duties with courage, hope, patience, faith, and charity, work like heroes, vitalize your whole efforts by sturdy will, and, as sure as God lives, and your cases are curable, you will get well. Your day-spring will rise on high from out the darkness which envelopes you, your "lines will have fallen in pleasant places, and you will have a goodly heritage.

GLEN HAVEN WATER-CURE, March 1, 1855.

USE OF STEAM FOR WARMING BUILDINGS.

BY O. H. WELLINGTON, M.D.

ACCORDING to promise, in your last number, I propose to give you readers the results of our experience this winter in warming our two establishments. I am fully satisfied that we can warm any large house with steam with much less expense than in any other way, and at the same time have better ventilation, less dust, and many other advantages of great value in a large family. In a house where much help is required, it is a great consideration to save the labor of tending twenty or thirty fires, and especially to avoid the dust and smoke of the open grate. The hot-air furnace has great advantages over the open fire, but affords no aid to the laundry or cooking departments, and can not be made available for heating water for bathing. In this, and a subsequent communication, I hope to show that we can secure all these advantages if we heat by steam, and at the same time be at less expense than by any other mode of warming.

In the establishment at South Orange, we have relied on an apparatus for heating by steam which was so defective in its operation that it was condemned by all, and we felt compelled to have the boiler at least removed, and a new one substituted at a cost of over one thousand dollars. The unfitness of the old boiler for the work to be done led me to keep an accurate account of the coal consumed, and to have a careful measurement of the rooms and shall warmed, and to compare this with the rooms warmed with the open grate and stoves in my house in New York. In each case there was one range fire supplied, and the remainder was used for warming the buildings, but at South Orange we used much steam for heating water, cooking, &c.

In the house in New York we warmed twelve rooms and the halls—the floors of which measured about 3,500 square feet, and for this we used in seventy-five days, from October 11, to December 23, seventeen tons of coal in range fire, one furnace for the halls, nine open grates, and three stoves, averaging about one-fourth of a ton each day. I have kept a very accurate account, and made my calculations to a small fraction; but it gives about the same result to take this fraction, which is very near the actual amount.

During the same seventy-five days we have consumed at South Orange forty-one tons of coal or a little short of eleven-twentieths of a ton daily. With this we have supplied a range fire, as we did in New York, and the remainder has been used to generate steam in a large boiler, from which it is distributed throughout that very large building. The dining-room is thirty by fifty feet, and has windows on three sides opening to the floor. So of all the front rooms on the lower story. The windows are large, and in two

sashes, opening from top to bottom and not at all contrived for a winter house. The halls are without any division or any thing to arrest the currents, and when a door is opened below it moves the air in all the stories, and to the extreme wings. The whole length of all the halls is 563 feet, and varying in width from four to ten feet. It will be seen that no arrangement could possibly be more unfavorable for economical use of fuel, or securing a reasonable temperature. Besides this, through gross miscalculation in the original distribution of the steam-pipes, they are carried long distances in the basement, where they radiate much heat, which, though not lost to us, is not considered in the following statement. It raises the temperature in extensive basement rooms where our stores are preserved and the work conducted with greater facility.

From a survey of the walls we find that the floor contains about 3,000 superficial feet. This has been made so much more comfortable than the house in New York as to excite the observation of all who passed from one house to the other. The thirty-four rooms designed to be warmed by steam, cover 7,223 square feet. But as these have not all been opened and warmed any day, I estimate the average area warmed at 5,000 square feet, which, added to the halls, makes 8,000 feet at least actually warmed seventy-five days with forty-one tons of coal, or a little over one-half ton each day.

The rooms not occupied have been warmed some as well as the basement, and I estimate that more than one-fourth of the steam has been used for other purposes than heating. And yet this calculation shows that with double the quantity of coal we have twice and one-third the room that we have in New York in a brick house protected from winds. And the house at Orange is much better warmed. From a comparison of the two, we arrive at the following facts, showing the economy and advantage in heating by steam:

1. We have heated at least twice and one-third the space with double the coal.
2. All the room has been much better heated.
3. The fire has been in the cellar, and all dust and dirt kept there, and saved the labor of tending thirty-four fires.
4. We avoid all danger of fire.
5. We have had the steam to use freely in the laundry for all the washing and boiling clothes for a family of forty to fifty persons. We have used it for all the boiling in the kitchen, and heated water to be used in the greatest prodigality in bathing. In these three ways we have not only saved a very large amount of coal, but the washing and cooking are done with much less labor, and the hot water in such abundance as to be used at pleasure, which is a point of great importance in a Water-Cure establishment.

But, as I said at the commencement, these advantages have been secured by an apparatus in every respect bad and defective. The pipes are badly apportioned and distributed without any regard to economy and ventilation. The boiler was a horizontal one, but a small surface of which was exposed to the fire. We have now put in a new and very large boiler, made by D. C. Force, 80 Duane street, who has had great experience, and we feel sure of a great saving of coal, and still further advantages and economy. He has recently put in similar ones at Dr. Trall's, at the Astor House, and elsewhere, which we have examined; and from our experience the short time it has been in use, I am sure we shall have still greater comfort and more conveniences, and with much less coal than has been used in the old boiler.

In your next number I will make some suggestions on the construction and location of boilers, and arrangement of pipes to secure heat and ventilation, and also some facts with regard to the action of Mr. Force's new boiler.

178 Twelfth Street, New York.

MEETINGS OF HYDROPATHIC PHYSICIANS.

It is contemplated by several of the leading practitioners of the Hydropathic School, to have semi-annual meetings in this city, for the purposes of mutual counsel and improvement, and as a large proportion of the Water-Cure physicians in the United States, can make it pleasant as well as profitable for a variety of business purposes, to visit the metropolis in the Fall or Spring, it seems both desirable and convenient to designate this place, and those times, for the proposed meetings.

In October last, pursuant to invitations given by Drs. Wellington, Bedorthor, and others, a convention was held in this city, and occupied a couple of days in pleasant interviews and profitable discussions. The first session was held at Dr. Wellington's, and in the evening the Doctor delivered an address, on the principles and practice of Hydropathy, at Stuyvesant Institute, which was well received by an intelligent audience. The second day's session was held at Dr. Trall's, in Leight street, Dr. Shaw being called to the chair, and Dr. Taylor officiating as secretary.

A variety of topics were discussed in an earnest but friendly manner; and the question, whether the employment of drug-remedies was in any case essential as an auxiliary measure to hygienic medication, was debated pro and con at considerable length.

At the conclusion of the session there was an unanimous expression in favor of frequent assemblies of the same kind, and the chairman and secretary were authorized to call the next meeting, at such time and place as they might deem most expedient, a notice of which will be given through the WATER-CURE JOURNAL.

HINTS ON DRESS.

WHERE are Briggs' suspenders to be had? those recommended in the October Journal? [See Advertisement.]

For a long time I have wanted to find something to keep up my pants comfortably and pleasantly. The best way I can do it is by a belt, which should be just below the waist around the hips and run through loops sewed to the pants so as to prevent slipping down. This is the best arrangement I know of for a working man.

THAT MODEL SNOR.—Can no one invent it? Something warm and dainty, like felt cloth—light, well-fitting, no heels. Leather must be one of the worst articles for shoes; too stiff, heavy, and cold, and retains moisture and to any known substance. The best material I know is that stiff boot soles and heels are necessary for health and comfort. They are very great absurdities I apprehend. The sole of the shoe or boot should be as soft and yielding as the bottom of the foot, so that the foot will accommodate itself to all unevenness on which it may stand, thereby making it high, gaited, and strong, and perfectly ready to meet any emergency. It should prove a sovereign remedy for those universal complaints—cold and tender feet. Then, how indecent it is for man or woman to make such a clatter over pavement and floor as they are passing, and to be wearing hard soles and high heels. It keeps people in awe, and does not hinder them when charged withimitating them; but I suppose we must submit to be ruled by that old tyrant Fashion, and if he would only give us good ones, we would not complain, but I suppose he will not do so, as he has eyes and ears, and while he be old he will search for them. Just how old search for stiff, painful, shambling gait of most of your subjects. I did hope you would let the ladies alone, but you, it seems, insist upon mounting them on high heels. And now they go to the streets in stockings, and stiff, shambling coats.

FLOWER SEEDS BY MAIL.

With the hope of encouraging and facilitating the cultivation of flowers in all parts of our country, and thereby promoting the happiness, refinement and elevation of the people, rather than with an expectation of profit to ourselves, we publish the following list of choice flower-seeds, in packages, which we will send, PREPAID BY MAIL, to any part of the United States, on receipt of One Dollar, per package. All letters must be prepaid, and the money must in all cases accompany the order. The seeds will be sent by return of mail.

PACKAGE No. 1

Contains the following varieties:

Adonis Flower; a hardy annual; * color, scarlet. Mixed Fall Aster; half hardy; diverse colors. Dwarf Mixed Aster. Athanasi Anna; hardy annual; yellow. Anemone Palm; hardy annual; apetalous. Wind Flower; hardy perennial; diverse colors. Pasque Flower; hardy perennial; violet. Balsam Apple; tender annual, 10 ft. high; yellow. Double Mixed Balsams; half hardy ann., div. col. dbl. fld. New Dwarf Beans; hardy perennial; white. Canterbury Bells; hardy perennial; white. Mixed Candy Tuff; hardy annual; diverse colors. Scarlet Cypress Vine; annual; scarlet climbing. Cardinal Flower; hardy perennial; scarlet. Double China Pink; hardy annual; divers colors. Imperial Pink, *hdc* biennial (1); divers colors.

PACKAGE No. 2

Contains the following varieties:

New Alyssum; very beautiful. Finest Mixed German Aster; half hardy; diverse colors. Dwarf Cocklecomb; tender annual; divers colors. Mixed Double Dahlia; hardy perennial; divers colors. Daisy, Poetic; hardy perennial; divers colors. Starry Marigold; hardy annual; orange. Camper Tree; hardy annual; green. Ballon Vine; tender annual; white and green. Mixed Chrysanthemum; hardy annual; various colors. Touch-Me-Not; tender annual; red. Honesty; hardy biennial; lilac and white. Scarlet Gilly Flower; half hardy annual. Mixed Portulaca; hardy annual; divers colors.

PACKAGE No. 3

Contains the following varieties:

French Honey Suckle; hardy biennial; red. Branching Larkspur; hardy annual; diverse colors. Scarlet Morning Glory; hardy annual. Pure White Portulaca; hardy annual; white. Mixed Flowered Petunia; hardy perennial; divers colors. Love in a Mist; hardy annual; blue. White Spotted Love Grotto; tender annual. Winged Peas; hardy annual; yellow. Yellow Eternal Flower; hardy annual. Dwarf Convolvulus; hardy annual; three colors. Venus Looking-Glass; hardy annual; blue. Scarlet Zinnia; half hardy annual. Globe Amaranthus; hardy annual; purple.

* Annual—lasting only one year.

† Perennial—lasting three or more years.

‡ Biennial—lasting two years. Biennials and perennials, marked thus: (1) flower the first year it planted early.

Those who wish for only a part of these FLOWER SEEDS, should specify according to the numbers which they prefer. No. 1, No. 2, or No. 3. It will be seen that No. 1. contains sixteen varieties; No. 2. thirteen varieties; and No. 3. thirteen varieties. One Dollar pays for one package. Forty-eight varieties. We pay postage on the seeds, at the New York office. Address, prepaid, FOWLER AND WELLS, 308 Broadway, New York.

CHOICE GARDEN SEEDS.—The following put up in parcels weighing about one half ounce each, will be sent by mail, prepaid, on receipt of the prices annexed:

	Cents.	Cents.	
ARISTOCHIE, Green Globe,	25	ONION—Welsh, for Salad,	15
BALM—Early Blood Turnip,	20	10 Large, red and Yellow	10
Early Yellow, Long Wood,	15	Dutch, each	10
Water Cress, for Soups,	10	PARSLEY—Hamburg or	15
BOLOKE—Early White or	10	Round, each	10
CARROT—Large Late Ber-	20	Exotic Curled, and Plain,	10
EGG, Dwarf, Superfine,	15	each	10
Late Flat Dutch, fine,	15	PARSLEY—Ghersey, or Cup-	10
Red for Pickling,	10	White, each	10
Carrot, Red, and Su-	15	PARSLEY—Lettuce, each	35
CARROT—Horn, Long	15	Large, Green, Large	25
Carrot, Long White (Lon-	15	Squash, each	25
Carrot, Large Lon-	10	Parsley, Mammoth,	15
Carrot, (carrot or late)	10	RADISH—New Rose Colored	15
CARROT—Giant White Sol-	15	White, Yellow, Purple,	15
Carrot, Red, Red, and Su-	15	Scarlet, Grey, Turnip,	10
Carrot, New Silver Green,	15	Red, Scotch, Purple,	10
CUCUMBER—Long, Green	25	White, Maple,	10
EGGPLANT—English, Green	25	White, Spanish, each	10
Long Green, Solanum,	25	RADISH—Red, Red, and	15
Long Green, Solanum,	25	Red, White, and Mauve,	15
Early Green, Chaser,	15	MINT—Labiatae, each	15
EGGPLANT—Short Green,	15	SALAD—of veg. Oyster,	15
EGGPLANT—Large Purple,	15	Turnip, each	15
KALE—Siberian,	15	SALAD—Winter,	15
Lettuce—Ice, Drumhead,	15	SWARTH—Summer,	15
(Blue.)	15	Summer,	15
Early Curled Silesia,	15	Summer,	15
EGGPLANT—Green,	15	Summer,	15
MUSK-MELON—Pomegranate	25	Summer,	15
and Must Seed,	25	Summer,	15
EGGPLANT—Red, Red, and	15	Summer,	15
EGGPLANT—Pear, Shaped,	15	Summer,	15
EGGPLANT—Large Red or Yellow	15	Summer,	15
EGGPLANT—Extra Fine, Fine	15	Summer,	15
WATER-ICE—Ice Cream,	15	Summer,	15
extra fine,	15	Summer,	15
Apple Seed,	15	Turnip, each	15
EGGPLANT—Ice, Red,	15	Turnip, each	15
Long Island,	15	Turnip, each	15
OKRA—Long White or	10	Dates Hybrid, New Gol-	15
Green,	10	den, Globe, Yellow Aher-	15
		Green, Swan's Egg, each	10

The following are too heavy to be sent by mail, but can be sent by express. The figures annexed show the prices per quart in New York. Freight must be paid by parties ordering:

	Cents.	Cents.	
ENGLISH DWARF BEANS, per	15	LATER SORTS—DWARF, per	15
plant. Early Maragon,	15	Que de No Dwarfs,	15
Broad Indigo, Broad	15	Blue Marrow, each	50
Long Pod,	15	Buckwheat Marrow, fine,	50
DWARF OF SNOW BEANS,	15	Right Green Dwarf Mar-	37
Dwarf, Early, yellow, or white,	15	row, each	15
SNOW BEANS, Early, or late,	15	Strawberry,	15
Early Marrow, Early	15	Hen's Newf. Marrow,	15
Turtle Soups,	15	Mammuth,	15
EGGPLANT—Short Shape,	15	FALL—	25
Large White Kidney,	15	Stanley Marrow (extra	15
POLE OF RUNNING BEANS,	15	size),	15
White Lima, (large), each	15	Knight's New tall Mar-	81 00
White Lima, Imported	15	row,	15
White Lima, (large), each	15	Carter's Victoria, Tall Mar-	50
Dwarf Lima, (large), each	15	row, Edible, each	50
PEAS—Early, per quart,	15	Waterloo Blue,	25
Washington, or true May,	15	Prufrock—Conestock field,	12
Everlasting, or Champion of	15	Green Striped Bell,	12
England,	15	These marked <i>a</i> are Wrinkled	12
EGGPLANT—Long Pod,	15	Marrow, the finest flavored of all	12
EGGPLANT—Warrior, frame,	15	the Peas.	12

Literary Notices.

ALL Works noticed in this department of the Journal, together with other publications in America, may be purchased at our Office, at the following prices. EUROPEAN WORKS will be imported to order by every steamer. Books sent by mail on receipt of the price. All letters and orders should be postpaid, and directed to FOWLER AND WELLS, 308 Broadway, New York.

PEASANT AND PROFITABLE EMPLOYMENT.—In every town and village, for any number of young men, to sell VALUABLE BOOKS, and to canvass for our popular and scientific Journals. All who engage with us will be secured from the possibility of loss, while the profits will be very liberal. For particulars, address FOWLER AND WELLS, 308 Broadway, N. Y.

THE AMERICAN HOUSE CARPENTERS' AND JOINERS' ASSISTANT.—A new and easy system of lines founded on Geometrical principles for cutting every description of joints, and for framing the most difficult roofs, to which is added a complete treatise on Mathematical instruments. Also Mensuration, table of the weights, and cohesive strength of the several materials used in the construction of buildings, a treatise on stair building, &c. By Lucius

D. GOULD, Architect. Second edition. Large quarto. New York: Daniel Burgess and Co.

The title of this work gives a fair idea of its contents. We have examined it with considerable interest and as we are able to understand many of the rules laid down, we have no doubt it will be a valuable aid to practical men. It contains 136 pages of letter-press and 48 pages of various plans for the use of the student. We consider it a very practical and valuable work.

THE WAYS OF LIFE, showing the RIGHT WAY, AND WRONG WAY, the HIGH WAY, and the LOW WAY, the TRUE WAY and the FALSE WAY, the UPWARD WAY and the DOWNWARD WAY, the WAY OF HONOR and the WAY OF DISHONOR. By REV. G. S. WEAVER, author of "HOPE AND HELPS" "Mental Science," &c. One handsome 12mo. vol. Price 50 cents. Published by FOWLER AND WELLS, 308 Broadway, New York.

HOPES AND HELPS! there is a magic in these very words, and through them, our author has reached the hearts of all who read his earnest, hopeful book. Indeed, we never knew a work more highly commended. Among the young, it is a favorite presentation book for "all seasons," and bids fair to become a HOUSEHOLD TREASURE, in every Family. It deserves such a place, for it is indeed a classical production. Hopes and Helps was first published two years ago, and the demand steadily increases.

THE WAYS OF LIFE, is a new work by the same author, marked by the same high-toned moral bearing, adapted to both sexes, and to all classes. It is brought out in the same plain, yet elegant style, and we believe it will be heartily welcomed, by the lovers of Good Books.

The author says, in his preface to the WAYS OF LIFE,— "The ocean is made up of drops. So the influence that lifts the world upward is composed of the best thoughts and prayers of earnest and aspiring minds. * * * * * Every book should bear to its reader the conviction that its intent was good—that it was the offspring of an earnest and gracious wish. If it does, it will leave blessings where it goes, in proportion to the strength of that conviction. With the hope that such a conviction may fasten itself upon the mind of the reader of this volume, we commit it to his hands."—We enclose our notice of this new work by quoting a part of

THE TABLE OF CONTENTS.

PRINCIPLE AND PLEASURE.—Principle the Motive, Pleasure the Result; The Motive determines the Character and Results of Actions; The Life of Impulse and Dangerous; The Drunkard; The Lady of Fashion; True Pleasure found only in Obedience to Principle.

HONESTY AND POLICY.—The Two Grand Principles of Action; Martyr of Honesty; Triumphant; God's Noblemen; Three Kinds of Greatness; Greatness in Action; or Intellect; of Conscience; A New Era; Policy; The Broad Way; Trade, Literature, and Religion; A Bargain; Honesty Eternal, Policy Temporal.

RIGHT AND MIGHT.—The Motive of More Consequence than the Act; True Men; Babies; Wealth, Position; Politics; Power; Model of Manliness; Right in Every-Day Life; Prescence of Death; Right Triumphant. SHOW and SUBSTANCE.—Show without Substance; Show of Morality; Religious Pretension; Christianity; Show leads to Ruin; The Wind; Electricity; Human Greatness; Love, Patriotism, Religion; Character, Workman and Work; True Worth; its Expression. LUCK and PLUCK.—Early Impressions of Luck; Luck vs. Law; Proverbs; Chance; Luck in Far-off Places; Luck at Home; The Do-Littles; Bad Philosophy, Luck and Dishonesty; Pluck the One Thing Useful; Luck in Pluck; How Luck is Lost; Pluck and Reward; Wealth and Honors; Labor and Luck.

THEORY AND PRACTICE.—False Ideas; True Origin of Theory; History; Philosophy; Labor; Present Theories; Practice before Theory; Confucius; Plato; Socrates and Aristotle; Theory and Practice should go together; Spirit of the Age.

FACT AND FICTION.—Men Influenced by both; Facts Impress us First; The Child's Mind; The Use of Facts for Great Men; Study of the Universe; overdrawn Pictures; Day Dreaming; Literary Fictions; Test applied to Works of Fiction.

THE REAL AND THE IDEAL.—Mission of Each; Our Alliance with Materiality; Duties Growing out of this Relation; Our Appetites; Govern and Educate them; The Sensuous Nature; Degradation; All Things Given for our Ideal; Every One should have a Pure and High Ideal.

THE SEEN AND THE UNSEEN.—What Appears and What Is; We See the Forms, but not the Spirit; Meaning; We Swim on the Surface; Immortality; Change; Laws Immutable, Nations Decay, Principles Remain; Moving Power; The Mineral Kingdom; Water, Air; Gases; Calorie; Chemical Affinity; Attraction; Electricity; Unseen Forces; Eloquent Extract; Invisible Reigns over the Visible.

CHARACTER AND REPUTATION.—Defined; The Ass in the Lion's Skin; Men do not Read Character well, Why? A Science of Character; Illustrations; Not Made in a Day; Culture and Discipline; Where Characters are Made; Washington, Franklin, Burritt; Examples.

KNOWLEDGE AND CULTURE.—An Old Adage; Newton and Galvani; Power; Mental Gormandizing; We Read Much and Think Little; Knowledge easy of Attainment; Culture Difficult; Memory; Thinking necessary to Development; What we Make Ourselves; Means of Culture; Mind, Like the Body, Developed by Exercise.

THE ACTUAL AND THE POSSIBLE.—The Acorn and the Oak; The Possible of the Potato; The Seed and the Plant; Newton and the Apple; Steam Engine; The Pilgrim Fathers; "The Child of Destiny;" The Possibilities of Materiality; Hereditary Descent; Education; The Possible of Childhood, Youth, and Manhood; We Fail to Reach the Attainable; Men Unconscious of their Highest Capacities; Knowledge and Culture Within the Reach of All; Eternal Progress.

THE WAYS OF LIFE, may be had by return of the first Mail, by remitting the amount—50 cents, in Postage-stamps, to the publishers, as follows:

FOWLER AND WELLS, 808 Broadway, New York.

Five copies, prepaid by mail, for \$2; Twelve copies for \$4; Sixteen copies for \$5.

THE LIFE OF HORACE GREELEY. By JAMES PARTON. New York: Mason Brother, 1855. [pp. 442. Price, prepaid by mail, \$1.25.]

If there are any among our patrons who have not yet read Mr. Parton's Life of Greeley, they will thank us for calling their attention to it, even at this late day. It is one of the best and most interesting, as well as one of the most useful biographies in the English language. We commend it especially to the young men of America, to whom the author dedicates it. They will find it full of lessons just adapted to their needs, and calculated to lead them into the true path of success and usefulness. It is a downright honest and faithful book. The author evidently had but a single object in view—to tell the story of Horace Greeley's life, in all candor and truthfulness.

Fowlers & Wells will send it by mail to any part of the country for \$1.50.

THE BLISTER AND CRITIC, is the title of a small monthly, published in Georgia.

"Devoted to the exposure of quackery, the development of 'Southern Medicine' and the diseases and physical peculiarities of the Negro race."

The Blister makes a terribly wry face—and why should not it, when it feels so bad?—towards all other sorts of quackery except that which it peddles. Although very small, it has ever so many editors and assistant editors—we suppose to hold the patients down when they raise a blister. To inspire terror, the names are all conspicuously printed on the cover.

We quote from the Blister to show its high-saluting capabilities:

"Having made you a candid rendition of the excuses which I have for writing you this imperfect scrawl—having given you my motives by which I am actuated in so doing, and most emphatically believing, moreover, that there is 'more truth than poetry' in the following lines of the infallible Shakespeare,"

"Apologizes are like patches set upon a rent,
Which discredit more in hiding of a fault,
Than did the fault before it was so patched."

I proceed without further ceremony to the consideration of the important subject proposed for discussion on the present occasion.

It is generally conceded, and I think I may safely say, uniformly admitted by the medical faculty, that the most formidable of all barriers, and the greatest of all stumbling-blocks to young physicians, is the want of knowledge. The first and most important of all the duties devolving upon physicians in being summoned to the bed-side of a sick person, is that of forming a correct diagnosis as to the name and nature, seat and pathology of the disease, for which they are, or should be, called to prescribe. Hence the reason why we have selected this subject in preference to all others, knowing (as we do) the great deficiency of physicians, generally, as Diagnosists.

Would if this young doctor smokes? Does he carry a gold-headed cane? Can he draw down the corners of his mouth, and look gloomy and wise? Can he give a significant know-nothing stare, when he feels a pulse, and shakes his head? Does he cultivate the hair on his upper lip? Do tell us of this brilliant "star in the South" that we may bow down, and let him "bleed and blister us."

ANOTHER "TOUCH" of the *Georgia Blister*. The editors wear high-heeled boots, and hats with very high crowns. Hear them talk large, over a very small "glory."

OURSELVES.—"COME LET US REASON TOGETHER."—Our first volume will close with the February issue of the Blister—indeed, it is far better suited to the most recent events. And we trust to you, the no journals of the first year of its existence, ever did have a circulation that we now have—as the names of one thousand three hundred and sixty-seven friends, scattered all over the United States, and with our popularity, as it would, is rapidly increasing. Our journal, however, has no disposition to be vain; but when we receive such a flattering reception as this, we can not help feeling considerably elated. If any journal can beat the above number during its first twelve months, just let it come forward and show its hand—we show ours!—1861—beat it who can.

Now, suppose this immense "popularity" be divided among ever-so-many editors, and assistant editors—how much remains for each?

Only think! One thousand three hundred and sixty-seven subscribers to a yearly Medical Journal! It is astonishing that its long-eared conductors should bray over "such small fry." Why, Mr. Blister-plaster, you are a very slow team, notwithstanding all your puffing and blowing. A little Water-Cure would waken you into the true life, and so open your contracted peepers, that you could see a new revelation in the healing art. But those who wear colored glasses can not see the truth in its natural clearness and beauty. We shall send the WATER-CURE JOURNAL to the *Georgia Blister*, and hope to convert it.

We predict a "great run" for the *Georgia Blister*, unless it should happen to apply its own remedies; in which case, it would surely take a bee-line, and run right straight to the ground.

SPIRITUALISM, by Jno. W. Edmonds, and George T. Dexter.

The *New York Express* says: This is the second volume of an extraordinary work, and will be read with curiosity and no little astonishment, for the revelations are so strange and incredible, that one can scarcely believe it possible that such men should be found willing, not only to believe in the reality of such manifestations, but to publish their belief to the world. The Judge Edmonds is perfectly sincere, we readily admit; he is indeed a martyr in the cause of Spiritualism, and therefore commands our respect, lightly as we may treat his doctrines.

The contents of this volume consist of communications made through mediums, at the meetings of circles in this city and elsewhere; there are detailed conversations with the spirit of Lord Bacon, Swedenborg, Voltaire, Cardinal Wolsey and others of the distinguished dead. Some of these conversations are very interesting, and can not fail to be read with deep attention. A rather important revelation as to Catholos was, it appears, made by Charlemagne, to the daughter of Judge Edmonds, as follows:

"Lady, I too have been a Catholic. Catholics here have altars and cathedrals in plenty, but I have passed from sphere to sphere and found no Pope or Priest!"

The book has great literary merit; the visions are described in language of much beauty; and indeed the style throughout, as well as the matter, will command it to the public, whether believers or sceptics. It is a large volume of some 500 pages, and is neatly and elegantly got up.

For sale at this office. Price, prepaid by mail, \$1.50.

THE AMERICAN ALMANAC AND REPOSITORY OF USE-FUL KNOWLEDGE, FOR THE YEAR 1855. BOSTON: PHILLIPS, SAMSON AND CO. New York: FOWLER AND WELLS. Price \$1.

This is the twenty-sixth volume of a series that has furnished most important information to the American public.

In fact, the *AMERICAN ALMANAC* is one of the most acceptable of the annuals, and is a necessary appendage to the consulting-room as well as to the office of the legislator and the man of science.

The present volume contains 850 pages, 12mo, handsomely printed, and as full of "facts and figures," showing the progress of the world—particularly in the United States, for the year 1854.

CHEMICAL ATLAS; OR, THE CHEMISTRY OF FAMILIAR OBJECTS; exhibiting the general principles of Science, in a series of beautifully-colored diagrams, and accompanied by explanatory essays, embracing the latest views of the subjects illustrated. Designed for the use of students and pupils in all schools where Chemistry is taught. By Edward L. Youmans, author of the "Class Book of Chemistry," "Alcohol and the Constitution of Man," etc. One vol. quarto. Thirteen colored Plates. 106 pp. Price \$2.00; postage (prepaid) by mail, 50 cents. For sale by FOWLER AND WELLS.

This is an extension of the author's large chemical chart published some years ago. It is brought out in a convenient atlas form, suitable for classes, and is adapted for general school use. This atlas places the subject of Chemistry alongside of geography in point of simplicity. The phenomena of chemistry, which are usually so difficult to understand and remember, are here pictured in colors in so clear and beautiful a way, that their study becomes a pastime. The subject is taken up in its most practical and familiar aspects, and all those ordinary forms of matter with which we have an every-day concern—the air we breathe, the water we drink, the food we eat, and all plants and animal bodies, are so dissected and mapped out to the eye, that we gather their chemistry at a glance. This method of using the eye in education, though not the royal road to knowledge, is really the people's railroad—a means of saving both time and labor. The atlas is accompanied by full explanations, and is designed to be used exactly as an atlas of geography in connection with the author's text book or any other. We earnestly recommend this work to all interested in this beautiful science, especially teachers. It is worth, for actual instruction in common school, far more than a set of apparatus which the teacher might not be able to use, while every one can teach from the atlas.

We pronounce it, without exception, the best popular work on Chemistry in the English language.—*Life Illustrated*.

BATTLES OF THE CRIMEA; with a superb Map of the Seat of War. New York: G. S. Wells. Price, prepaid by mail, 56 cents.

An interesting and timely work, containing a historical summary of the Russian War, from its commencement to the present time, and giving a graphic picture of the great drama of war—its bloody encounters, thrilling incidents, hair-breadth escapes, fierce enthusiasm, individual daring, etc. It is illustrated with a new plan of Sebastopol.

THREE HOURS' SCHOOL A DAY; A Talk with Parents. By Wm. L. Crandall. For sale by FOWLER AND WELLS. Price, prepaid by mail, \$1.25.

Here we have a modest little volume, ushered forth with no parade of puffs and flaming advertisements, which is of more real value, and will have a deeper influence than a baker's dozen of "the most popular works of the season." We have no room here to give it the notice it deserves, but we do most earnestly ask for it a careful and candid reading. It should be put into the hands of every parent and teacher in the land. The leading ideas which it embodies are of vital importance, and can not be too soon received and acted upon. Buy it, read it and lend it to your neighbor, or, better still, persuade him to buy it also. It is a thoroughly earnest and a most suggestive work.

THE CRAYON; a Weekly Journal devoted to the Graphic Arts, and the literature related to them. Edited by Messrs. STILLMAN and DURAND, 287 Broadway, New York. Terms, \$3.00 a year.

Competent masters have here undertaken an enterprise which we deem of great importance. Correct instruction and information may here be expected and obtained, from the most advanced minds, upon all matters relating to the Arts. We wish the talented Editors of the CRAYON the greatest success. It will be a national benefit.

Experience.

As I have had some experience to prove the blessings of Water-Cure, I give it for what it is worth. Nearly a year ago, my wife was taken with diarrhoea, which was allowed to take its course until it became alarming; when I was advised to send for a doctor, which I did, though much opposed to doing so, for I was then a convert to Hydropathy. He came, and left medicine every day for more than two weeks, during which time she got no better. Counsel was had, who concurred, *of course*, in all that had been done, and said he should have done the same himself. The attending physician continued his visits a few days longer, telling me it was *possible* she would recover. I was tired of this, and asked him what the *probabilities* were. He said "it was probable she would not recover." His time was up, I sent immediately to the "Forest City Water-Cure," for a Hydropathic physician. The neighbors were very much frightened, and thought she was elected to pass over Jordan sure, and could not believe their eyes when, in just one week from that day, they saw her in a buggy with myself taking a ride. Even after her recovery, people would not believe it was the Water-Cure that effected it, for the Allopathic spread the story, that "the foundation for the recovery had been already laid." (Self defence is nature's first law.)

Since that, our boy was attacked by cramp; my wife promptly applied the compress, as directed in Dr. Shaw's Family Physician. Of course he was relieved, and that without the giving of poisonous drugs.

Numbers have died about this country during the past season, of what the doctors are pleased to call Typhoid Fever. My wife was taken sick quite suddenly one day, and the symptoms corresponded to those described by Dr. Shaw, as belonging to that disease. She was promptly treated accordingly, and felt so much better next day, that she would not allow herself to be confined to her bed. Water-Cure for ever.—*East Spencer Mills.*

M. L. C.

YOUR invitation to subscribers, to give their personal experience, induces me to gratify the long disregarded request of my friends, to publish my own experience in drug and water treatment; "What I know, and how I came to know it." My knowledge of drugs extends far into the past, for when two years old I was said to have been cured of a fever with calomel—though my mother says I only grew worse, until she ceased giving me medicine, after the doctor had "given me up to die." If this is not a part of my experience, I have sufficient evidence that the testimony of my friends in regard to it is true; for during this fever more than half of my palate was destroyed, destroying also my power of speech for a time, and injuring my voice for life. After this I was well, but *sick*, until fourteen years of age, then the headache commenced, and three or four years were passed in taking medicine, teaching, and studying; my health not improving, until I was suddenly prostrated with rheumatic fevers. Calomel again cured me. At least, in two months I was able to stagger across the room; besides, the fever, or the calomel had cured the disease in my head. Now I was well only there was pain in my back; but I did not mind that, since my brain was free. I commenced teaching again, taught three days, and from that time was confined to my bed three months, with rheumatism in my back; blistering and medicines were tried, but I grew worse; but at last cupping cured me. I was well again, only my back was stiff, I could not bend it. I commenced teaching once more the stiffness in my spine gradually diminished for two or three years, when it was entirely removed, and I should have been well if I had not happened, just then, to have the neuralgia in my head and face. At last I was compelled to leave my school and go home, hoping that quiet, and the wild-wood rambles I loved so well, would soon restore me; but I was disappointed—nature needed assistance. But whence could it come? Our physician said neuralgia could be cured in its first stage, but not after it had advanced so far. Jayne's Alternative was recommended. I had a goitre, which had been increasing for several years, and the Alternative world came both that and the neuralgia. I took thirty-eight bottles, according to the directions, at last taking nearly a bottle a day, using at the same time a wash of iodine and potash on my neck. I had grown so much worse, that

I felt it was madness to persist in such treatment. My friends thought I could not live long. Just then, one of your subscribers—only the one you had at that time any where in this region—gave me the Water-Cure Journal to read, and I was put on a new track. I went to Dr. Trall's Water-Cure, in opposition to the wishes of my friends, who were perfectly ignorant of the Hydro-pathic system, and who preferred to have me die at home. But death, which had long been the only beacon light of my future, was not so soon to close my mortal story. Suffering, too fearful to be endured, was to be succeeded by an earthly paradise. At the Water-Cure I was very soon restored to comfortable health, with the certain prospect of a perfect cure. When leaving, at the end of four months, I asked Dr. Trall how long it would take me to recover—I should have said to acquire perfect health. He answered, "two or three years," but added, for my encouragement, "you know it will be for life." A cure for life! A sufficient incentive to perseverance, to one who had suffered so many temporary cures. And a promise that none but a Hydro-pathic physician would dare to give.

A year and a half have passed, and, in spite of disadvantages, Water-Cure home-treatment, and correct physiological habits, have already rewarded me with better health than I ever enjoyed before. I have been engaged a part of the time in teaching, and a part in hard manual labor, one-half of which I never had strength to do before. Bathing, and a diet of unleavened Graham bread, fruits, vegetables, and nuts, and two meals a day, I consider the principal agents in my cure; yet at the commencement I retained every unphysiological habit, adopting a loose Flannel dress, exercising in the open air, &c. Health and happiness are my reward. And as long as there dwells in my heart gratitude to the giver of all good, whose providence brought to my reach the Water-Cure Journal just in time to replenish the almost exhausted lamp of my life, so long shall I acknowledge a debt of gratitude to those pioneers in physiological reform, the editor and authors of the standard hydro-pathic publications, who first showed me the road to health.

C. M. H., Sparta, Sussex Co., N. J.

EXTRACT from a letter written by a woman at a Water-Cure, to a friend:—

It seems so much better to see the patients walking about, and bathing, breadaking, and dieting for health, instead of being shut up in close rooms, on feather beds, swallowing nauseating drugs. I have seen persons not nearly as much diseased as very many of the patients here, walk out daily, who were drugged, shut in close rooms, and made perfectly miserable for several weeks, and then left, if they could live through so much poisoning; till nature by slow degrees could restore them to imperfect health.

I myself was much weaker and more diseased every day, when I came here eight weeks ago, than I was when in Lowell. I then employed an Allopathic physician, and he was called one of the best, and had as good success as any in the city. He gave me medicine that made me sicker and weaker, till he said he had conquered my disease, (which by the way was nothing but weakness, caused by working in a factory in bad air, harder than I ought,) and his medicine had so nearly conquered my vital powers, that it took more than ten weeks of rest in the country; for I left the city as soon as I could, to give me as much strength, and real health, as I have gained since I came here, though the circumstances were all in my favor, for my constitution was strong, never having been sick before; and I was young and free from care. Now I am thirteen years older, have been "running down" nine years, am much diseased, and am away from my children, about whom I am very anxious; all this is against my rapid improvement. Since I came here, instead of being made sick, kept on a feather bed, from which some one must help me, and hold me into a chair while the bed was being made, I have gone daily, Sundays excepted, to the bath-room, and taken from one to four baths daily, and eat plain, simple food, twice per day, and sleep nights without anybody sitting up all night to wait on me; have walked out of doors every day, though when I first came I could walk only a few rods at a time, now I walk two or three miles in a day. What, in this snow? methinks I hear you say. Yes, in snow or mud, or on ice, for I do not carry six or eight pounds of skirts on my hips, or wear these shoes, but I wear a short dress, with pants thick enough to keep my limbs warm without skirts, and good thick-soled boots, and cotton stockings. I do not have to sit by the fire to keep my feet warm, though before I came here my feet

were cold all the time; so you see that I have cause to love Water-Cure, and I would wish that every one knew more about it than I do, then they would love it too, and cease to poison themselves or their friends, in the erroneous hope of driving disease from their system.

SEEING a notice in your Water-Cure Journal for January, '55, "Tell us what you know," and thinking I might tell a little of my experience, I commence this to you. About two years ago I went out West, and after a few months was taken with chills and fever, and took calomel, quinine, blue mass, &c., in quantities, but got no better, and came near dying. Through the influence of a friend, I was induced one day, when my fever was coming on, to undress our to skin it, by pouring water on my head. Two quarts were poured on, and I dared go no further, for fear of taking cold. The two quarts only put out part of the fire, and by my friend's entreaty, I was induced to try it again; so we put on some six quarts more, and I felt better; it put out the fire. I was soon after introduced to a Hydro-pathic physician. For about four weeks I was kept on the starvation plan—thanks to my doctor for it, because it did me so much good. At this time, also, came a relish for food that I had never before known, and the simplicity of it was its beauty. Then came new thoughts of life; new hopes sprung up in my mind that I had never before experienced—here was some of the changes in my manner of life. I commenced to get better from that time. By the way, your Journal, Almanacs, and many other valuable works, were there, and read by me, and have been ever since. We met with opposition, and had to talk much, real much, and practice much. Most people there had no *faith*, and would not have any, and I was looked upon as a monument of Water-Cure treatment, and so I am. I am a subscriber to "Life Illustrated," and have several works of Hydropathy. I am a single poor man, and a mechanic, and I should like many of your noble works. Believe me you have my earnest wishes for your success; and if opportunity presents itself, you may have my money and influence, to spread this glorious reform through the length and breadth of the land. I practice the daily bath, sit-baths, occasionally wet hand-baths. My diet consists of the following: bread, potatoes, beans, milk, &c. Eat very little meat, use no tea, coffee, tobacco, liquor, condiments, except the little sin of eating very little. W. H.

CHOLERA ON THE PLAINS. J. B. K. writing from Soudies Island, Oregon, gives us a concise and interesting statement of having cured a case of Asiatic cholera by water. He was on his journey across the plains in 1812, when he was severely attacked. He was attended by two physicians who were with the company. Camphor, brandy, mustard No. 6, and all the usual doses approved by the Allopathic school, were prescribed, but with no good effect. He was pronounced incurable, and the physicians decided he could live but a short time. After he was attacked they encamped by the side of a river, where gurgling waters were to him sweetest music. He tore off the mustard plasters and called for wet cloths; the doctors objected, but he would not be denied. Next he ordered the wet sheet, which gave almost immediate relief. The cramps left and returned no more. Water to drink was refused by the physicians, but furnished by his wife. The curtains of the tent were rolled up that the fresh breezes from the mountains might fan his brow. The company lay encamped but one day for his recovery, and they were again upon the road.

The effect of the application of water thus shown could not fail to awaken the attention of all that witnessed it to its curative power, and its superiority over the drug system was apparent by contrast, as only a few days before that they had buried the wife of one of the accompanying physicians, who was attacked in a similar way and died, notwithstanding the utmost skill of a kind and attentive husband was exerted to stay the progress of the disease. Such cases must serve to convince the most incredulous, and the cause of Hydropathy must soon prevail throughout the world.

FROM AN AGENT IN IOWA.—The reform in treating disease is gaining slowly but steadily in this section. People are very loath to give up the long-cherished idea of taking something. But my impression is that ere long they will know that taking something only retards instead of assisting nature in her work of healing. People hereabouts are more sluggish than I supposed them to be; but they have yielded a little, and the probability is, they will yield more when they see better.

Water-Cure Journal

NEW YORK, MARCH, 1855.

By no other way can men approach nearer to the gods, than by conser-
ving health on men.—CICERO.

MARCH TOPICS.

BY R. T. TRALL, M.D.

WATER-CURE AND INFIDELTY.—We have had to defend the system of medication we advocate and practice, from almost every thing that human ignorance, prejudice, bigotry, pride and interest, could tramp up in the shape of an objection; but, until quite recently, our imagination had never been disturbed with the apprehension that the charge of heresy in the theological sense, would be among the charges against it we should be called upon to repel.

So far as the common doctrines—the pretended philosophy of medical science are concerned, we plead guilty of the extremest heresy, and the most ultra infidelity. We believe the popular medical system is radically wrong, and its principles essentially false. So believing, we could not be honest nor humanitarian,—we could not recognize a "higher law," without seeking to reform, or rather to overthrow it.

But we regard the whole subject as a purely scientific one, and not in any manner connected with any peculiar religious or irreligious tenets. And if there be persons who are infidels, and believe in or practice Water-Cure, we do not see how this fact connects the Hydropathic system with infidelity, any more than the fact that some Water-Cure physicians are Baptists, Methodists, and Presbyterians, makes it an orthodox system.

The *Presbyterian Witness* of Cincinnati, having found something to the comprehension of its editor not quite orthodox, in certain stray numbers of the WATER-CURE JOURNAL which had accidentally come in its way, fulminated something very like a papal bull in charging infidelity upon its publishers, Messrs. FOWLER AND WELLS, whilst it rather unctuously insinuates that a certain person usually known as The Devil, is the leading partner of the firm. Of course, if the *Witness* does not in this case bear *false witness*, the gentlemen aforesaid are in duty bound to alter the style and address of their house, so as to read, "Satan, Fowlers and Wells."

The *Witness* comes down upon Water-Cure and kindred journals in general, and FOWLER AND WELLS in particular, in the following strain:

INFIDELTY.—FOWLER AND WELLS.—That the present age is one deeply tinctured with the spirit of infidelity, no thoughtful mind can fail to perceive. Many flatter themselves that the contrary is true—that the present is eminently a religious age. Their error arises from overlooking the fact that infidelity has as many phases as the moon, and that at no two periods of the world's history has its attacks against Christianity been conducted in the same mode. Truth is one and immutable—error has as many forms as Proteus. The blasphemous railings of Voltaire have died away; the wit of the Shaftesbury school has become rapid; the grave arguments of Bolingbroke and Hume have been made to recoil upon the heads of their authors; but the author of lies, nothing daunted,

returns to the attack; and as he can not carry the citadel of truth by assault, he would fain overturn it by the more insidious process of undermining its foundations. The infidelity of our times is not open and bold as formerly, but covert, insidious, and skulking. It is advocated, not singly, or on its own merits, but through the aid of some pretended *reform*, new-fangled *ism* or lately-discovered *pathy*; any thing, in short, which for the time attracts public attention. It may be well doubted, indeed, whether many so-called reformers of the present day advocate their peculiar dogma for any other purpose than as a means to disseminate their infidel principles. But, however that may be, the leading partner of the firm, Satan, so manages that this is the principal result accomplished. Among those who are more than suspicious in this respect are Messrs. FOWLER AND WELLS, publishers of the WATER-CURE JOURNAL and other kindred periodicals.

To be *more than suspected* is to be proven guilty; hence we may regard the *Witness* as having *sworn* to the truth of its own accusation; and if this swearing be really false, then is the witness guilty of perjury.

As proof that this *Witness* tells "the truth, the whole truth, and nothing but the truth," several extracts are taken from the strayed numbers of the WATER-CURE JOURNAL, of which the following will serve as a fair sample :

First, we have a definition of holiness.

Through holiness only, man can see God. "But did you ever think, that holiness can not exist in a spirit inhabiting a body filled with disease, to which that spirit has contributed by allowing the animal propensities intemperate exercise?" That which is mistaken for holiness may exist, but it is far from being true holiness—it is only a spasmodic frenzy, not to be trusted.

I will refer you to my general position, that no diseased body can contain a healthy soul. Indeed, how can a body filled with impure blood, which is perpetually irritating our animal propensities, giving them dominion over our moral aspirations, carry with it a pure, exalted moral nature? Must not the whole man be degraded?

Well, is this so awfully wicked and blasphemous? From a youth up, we have been accustomed to hear precisely the same sentiments from evangelical pulpits. We have often been told from the sacred desk that the soul was depraved whenever and however the "animal propensities had intemperate exercise," and whenever and however the "animal propensities had dominion over the moral aspirations." Good Mr. Parson Pollock, will you tell us how a man can be wickedness and not corrupt his soul? What is your idea of sin?

The Reverend editor objects particularly to the following passage :

In another paragraph we have a physical millennium announced.

In imagination we see around us more than one hundred thousand persons, who are the constant readers of this journal. *On them depends our hope of redeeming humanity from the curse of disease.*

Pray, good minister, what objection have you to such a *physical millennium*? We do indeed expect, and hope, and "pray without ceasing," that those of our readers who conform themselves to the laws of life and health, to nature's and God's laws, will be the chief instruments in ridding humanity, first, from the sin of transgression, and then, secondly, from its penalty, the curse of disease.

The *Witness* closes with the following remark: With Hydropathy itself, we have no contro-

versy; it is doubtless, *in its place*, a good thing; but against *patronizing* men who advocate such sentiments, whether impiously or ignorantly, we enter our decided protest. That the world should eagerly devour such philosophy is no matter of wonder; but that Christians, and especially *Christian ministers*, should be found patronizing it, and *volunteering* their agency to circulate such *pernicious trash*, is evidence, either of lamentable want of judgment, or of a still more dangerous indifference to truth.

We are not able to detect any impiety or trash in the above quotations, and as the *Witness* does not tell us wherein the error lies, we shall have, for the present, to lay the whole matter on the table; consoling ourselves, meanwhile, with the reflection, that scores of *Christian ministers*, of all the leading denominations, are on the best of personal relations with the house of FOWLER AND WELLS, and among the most efficient agents in the dissemination of their various reform publications.

And now, Rev. Mr. Pollock, having answered your implied questions, we should like to ask a few in turn. Are you not a person of robust health, and of strong animal propensities? Has not your wife suffered greatly from ill-health ever since your marriage? Have not all of your children died in infancy? Are all these things "special providences," or are they the penalties of violated laws—laws which the WATER-CURE JOURNAL would teach you to revere and obey, and thus become a better man, a wiser Christian, husband and father? Is not a word to the wise sufficient?

HYDROPATHIC MEDICAL COLLEGE.—A bill has been introduced into the legislature of this State to incorporate the present "New York Hydropathic and Physiological School," under the title of "The New York Hydropathic Medical College." Our advices from the capitol encourage us to expect its speedy passage. We are assured that the Committee on Medical Schools and Colleges are inclined to report favorably. The act of incorporation will place this School on precisely the same terms as all other chartered Medical Schools, with the same duties in relation to the qualifications of teachers and graduates, and the same privileges as to the conferring of degrees or granting of diplomas.

In anticipation of an ability to supply the demand for Water-Cure Physicians and Health Reform Lecturers, we are continually receiving communications on the subject, indicating good locations for the practitioners of our School, and promising "material aid" to such as will go among the people and teach them, and their drug-doctors too, a better way of life than the horrible plan of swallowing poisons.

Probably a dozen or more of our present class will feel themselves qualified and ready to take the field as practitioners and lecturers, in May next; and a still greater number in either one or the other capacity. Some of them have their fields of labor already determined, while others will probably go where the "Macedonian cry" is most urgent. We predict for them a success in practice that will astonish the people, and a success in demonstrating the fallacies of drug-medication, that will remove some of the scales from the eyes of drug-doctors. In our next number we may be able to announce the names of some

who propose to enter upon the duties of professional life, after the close of the present term.

VEGETARIANISM.—Much is said, yet little known of this subject, among people generally. Men who claim to be scientific, and newspapers, whose editors are supposed to know every thing, are continually putting forth statements and assertions unsupported by a particle of proof, and frequently contradictory and absurd. We do not and can not notice one of a hundred of these floating vagaries. But as several correspondents have requested us to notice an article now going the rounds of the press, we do so very briefly. It follows:

Brown bread is far from being healthy. Professor Brainard tells us through the columns of the *Scientific American*, that "the epidermis or outer covering of the berry of wheat, is composed principally of silex (flint) which is indigestible in the stomach of a person, and will even withstand the action of concentrated nitric acid." Yet the whole efficacy of bran bread is supposed to lie in this flint which it contains! If man were the possessor of a gizzard, and had to swallow flint and other stones, to facilitate digestion, there would be some sense in bran bread philosophy; but since he is not very closely allied to the Ostrich, notwithstanding he walks on two legs, the said philosophy is entirely at fault.

If Graham bread has any superior virtues, it owes them not to the bran, or flint it contains, but to the greater amount of gluten which lies next to the silicious covering of the berry, and is somewhat diminished by the present mode of preparing flour by refining it to its utmost extent. The perfect grain contains from fifty to seventy per cent. of starch and from ten to twenty per cent. of gluten, and from three to five per cent. of fatty matter. The fatty matter and starch afford the carbonaceous portions of our food, the gluten furnishes the real nourishment for the muscle and nerve. The value of food for human consumption, depends not upon the quantity of starch which affords material for the accumulation of fat, but chiefly upon the quantity of gluten contained in the grain. Any course of preparation, therefore, which tends to waste this important element, (gluten), must be objectionable; while flour manufactured from wheat, from which the silicious coating only has been removed, is much more valuable than that prepared by the common method, which not only wastes the gluten, but the phosphates, which are also important elements in human food.

While on the subject of food, we may as well give the following, from the pen of Dr. Balbirne, for the benefit of vegetarians:

"Herbivorous animals are certainly more affected with tubercular disease, than carnivorous. It is a fact also, that butchers, who use much animal food, are seldom consumptive; and truth compels me to say, that in a few cases I could distinctly connect the development of a consumption with a prolonged experiment of vegetarian diet. Unless well managed, and in very robust constitutions, vegetarianism tends to produce an excess of the albuminous element of blood, and a deficiency of its fibre, iron, and red particles, imparting a paleness and flabbiness to the tissues, a general delicacy of look, and a want of stamina and power of energetic endurance. This is a state of matters assuredly verging on the pathological condition of the fluids characterizing the scrofulous constitution. Hence the necessity for caution in vegetarian experiments. Let me not be misunderstood as unconditionally decrying vegetarianism. There is much good in it—but if it is capable of as great abuses, quite, an unmixed diet. Having experimented carefully on myself for two years, with vegetarian diet, I consider myself qualified to give counsel on the subject. It will not do for all healthy people, nor as an indiscriminate rec-

ommendation to invalids. In the hands of a physician, it is a potent auxiliary of his art. But there is time to eat animal food. The grand questions are, the measure and proportions of it—when to stop, and when to recommence, and how far to go."

In answer to the flinty objection to "bran bread," (the writer means *meal bread*,) it need only be said, that persons who use it exclusively from infancy—and we know scores of such—are comparatively free from the ordinary ailments of indigestion and constipation, are enjoying much better health generally. The reasons are sufficiently set forth in our standard vegetarian and hydropathic books.

As to the ascriptions of Dr. Balbirne, we do not regard them as of any more consequence than the same unsupported statement of a thousand other physicians. It is true, that domesticated herbivorous animals—the slop-fed cows, and fattened cattle, are more affected with tubercular disease than carnivorous animals, which are not diseased by fattening processes. But this proves nothing to the purpose. Besides, thousands of persons are familiar with the fact that the omnivorous hog, in its domestic state, is more liable to tubercular disease than any other animal. When the opponents of vegetarianism will give us a fact, or reason, or argument, we shall be glad to attend to it. But to reply to all the superfluous nonsense uttered on the subject, is rather too much for the patience of the greatest cabbage-head in Christendom.

Snow Bread.—All persons where snow abounds, are not, perhaps, aware of the value of the "fleecy flakes" in making light, delicious, and wholesome bread. There is no "raising" in the world so perfectly physiological as good, fresh, *sweet* snow. It raises bread or cake as beautifully as the best of yeast, or the purest acids and alkalies, whilst it leaves no taint of fermentation like the former, nor injurious neutral salt like the latter. Indeed, it raises by supplying atmosphere wherewith to puff up the dough, whilst the other methods only supply carbonic acid gas.

During the late *snow freshet* with which our city has been favored, (for all other uses in a city snow may be regarded as a nuisance,) "our folks" have experimented somewhat extensively in the matter of snow-raised bread and cakes. One of our kitchen amateurs gives us the following recipe as the result—the *eureka*—of his numerous mixings and minglings of the "celestial feathers" with the terrestrial meal:

"**SNOW BREAD.**—Mix equal parts of light, *dry* snow and flour or meal quickly together, (using a strong spoon or stick to stir with.) When well mixed, pour the mass into a pan, and bake immediately. A rather hot, "quick" oven is essential. Bake from twenty minutes to one hour, according the thickness of the loaf."

Many forms of bread and cake can be made by slightly varying these proportions, according to the other ingredients: the rule being to have a due degree of moisture. If too much snow is used, the bread or cake will be heavy.

A little corn meal and pulverized sugar may be mixed with dry flour, and then the snow stirred in, if a short and tender, as well as light sweet cake is desired.

STATE LUNATIC ASYLUM.—The Twelfth Annual Report of this Institution, located at Utica, is before us. It gives a flattering account of the progress of that admirably-arranged retreat for the demented. We are rejoiced to notice that medical men are beginning to appreciate the advantages of hygienic over drug-medication, in the management of the insane; and that philanthropists are getting their eyes opened to the philosophy of reformatory bodily and mental influences, in the reclamation of the morally depraved or mentally hallucinated, instead of persisting in the old barbarous notion of solitary confinement, straight-jackets, "club-logic," and corporeal torture.

During the last year, an important improvement has been made in the construction of a steam warming and ventilating apparatus. Very few of our public institutions, under the care and direction of medical men, are well managed in these respects. In fact, the majority of our hospitals for the sick are a disgrace to the name of medical science, so far as attention to breathing is concerned, if not in relation to eating and drinking.

We are glad to learn that the Medical Staff of this Institution is in advance of the Medical Profession generally, on this important subject.

To Correspondents.

Be brief, clear, and definite, and speak always directly to the point. Say no words.

Professional Matters.

QUESTIONS which come under this head should be written on a separate sheet of paper, and will be answered by Dr. TELL.

ENLARGED LIVER.—G. J. W., Columbia, Mo. "At night when I lie on my right side, I have much difficulty in breathing, attended with cough and wheezing." No doubt your liver is enlarged. Treat the case as for "Liver complaint" in hydropathic books.

SCARLET FEVER.—M. J., Ohio. "Many children have died of scarlet fever in this neighborhood, under allopathic treatment, while, of as many or more who have been treated hydropathically, not one has been lost. Of course our opponents say that our patients had it so long that they would get well any way."

Such testimony is coming to us from a great many places.

BAD HABITS.—J. J. B., Redmond, Tenn. "What is the mode of treatment for an acute pain over the eye, extending downward through the left side of the face and lips? The person indulges freely in whisky, coffee, pepper, flesh, etc."

Such *neurotic* affections are often induced by such habits, and the best remedy is to leave them all off.

MISURINATION.—J. P. J., Rising Sun. "A boy of good general health is troubled with *wetting the bed*. He was kept in the alms-house for some time, where his principal food was soup." A dry diet, as unleavened wheat-meal cakes, toasted bread, crackers, parched corn, a moderate proportion of fruit, and no more drink than the thirst calls for. He should use but little liquor or milk.

BANDAGING INFANTS.—C. O. R., Burlington, Mich. "It has always been customary here, for new-born infants to be bandaged with a cloth, called a belly-band, extending from the arm-pits to the hips; this is pinned very snugly, and worn day and night for three months. The reason assigned for this practice is, the belly needs something to support it in good shape, and if the band is not used they will be pot-bellied."

The reason is perfectly foolish, and the practice cruel and barbarous. Leave it off altogether.

WATER DURING CONFINEMENT.—C. S., Cardington, O. You will find directions how to employ the Water-Cure appliances during and after confinement, in the Hydropathic Encyclopedia. In this place we cannot write out general directions in detail, but merely answer specific questions.

HARD WATER.—A correspondent asks our opinion of hard water, and if any drugs or chemicals can be used to prevent its bad effects?

We think water is good in the ratio of its purity, and had in proportion to its impurity. The use of drugs of any kind, when water is had, only makes a bad matter worse.

CHILLS AND FEVER.—S. R., Indianapolis, Ind. No doubt you could be easily cured at any good establishment. Many persons from the Western States have been cured in this city.

INDIGESTION.—What is the cause of the following symptoms: thick yellow coat on the tongue, has taste and smell; no appetite for breakfast? This state has existed for several years.

Constipation of the large intestines, or a torpid liver, or both. The Encyclopedia will give you the information you desire. Read the whole chapter on Indigestion. Pay especial attention to the article "Liver complaint."

STOPPAGE OF THE NOSTRILS.—The symptoms you describe may result from a thickening of the mucous membrane, or from a polypous tumor. We suspect the latter case, which would require a surgical operation.

GYMNASTIC EXERCISES.—We are frequently consulted in relation to the best gymnastic exercises for particular diseases, and for strengthening particular muscles or set of muscles. A correspondent sends us the following, which we record for the benefit of whom it may concern:

CHAN-BACK SHOULDER EXERCISE.—To prevent or remedy "round shoulders" or stooping, and to develop the chest, sit in a common chair and clasp the hands upon the back, and let them lean over the back, so that the head and shoulders from side to side for two minutes. Repeat this exercise every day without fail, immediately after out-door exercise. This exercises a set of muscles which get but very little exercise in ordinary avocations. This is better than all the shoulder-braces in the world, but it is extremely simple that it is apt to be forgotten and neglected.

[The publishers of the WATER-CURE JOURNAL will soon publish a cheap manual, on "Systematic Exercises," or Gymnastics at Home.]

RETROVERSION.—M. M. M., Otsego. The symptoms you describe—weakness, weight, pain, &c., in the pelvis, with nervous irritation, inability to walk, difficulty to stand in a leaning position—indicate retroversion of the womb, and requires judicious mechanical treatment.

PACKING WELL, FOLKS.—C. E. D., Noblesville, Ind. "Would a pack and rubbing wet sheet, some such application, be of benefit to a person in general health, during warm weather?"

In such cases of "general health" as we generally find in times of general disease, they would. In a case of absolute or perfect health they would be merely harmless luxuries, like "froth cakes," and "vanity puddings."

NERVOUS DYSPEPSIA.—E. W. G., Rosedale. The difficulty of swallowing, choking, giddiness, the stomach, and other dyspeptic symptoms, are owing mainly to a diseased liver. In this case a very plain and strict diet is essential.

NIGHTMARE.—H. R., Tippecanoe, Ind. What is the cause of nightmare, and what will cure it? I am troubled with attacks, so that, though apparently conscious, I can not move a hand, tongue, eye, &c., for some time.

Constipated bowels, obstructed skin, and too much sugar, are among the common causes. Coarse, plain foods, a daily bath, and a light supper, are among the remedial influences.

ACRIA.—J. J. T. "What is the best remedy that can be employed for the auge, in the absence of a Water-Cure Establishment? I have suffered three months; and the doctors have given me great quantities of quinine without any benefit."

"Fasting and prayer," which mean abstemious diet, quiet, cleanliness, and "trusting to nature."

DYSPEPSIA.—J. D. R., Stillwater. "My wife has a pain in right side about the seventh and eighth ribs, and along the back, sometimes more and sometimes less severe. She is also dyspeptic. What is her disease, and what the proper treatment?"

You say she has dyspepsia, and we do not doubt it. Refer her according to the plan laid down in Hydropathic books for that disease.

ERYTHEMA OF THE FACE.—J. W. J., Kentucky.

The eruption on your upper lip and face, which breaks out in blotches full of white matter, and burns and smarts, may be owing to a diseased liver, and possibly aggravated by some repelled eruption. Take a daily tepid bath; the wet sheet pack for an hour twice a week; and adopt a plain vegetable diet.

BOOKS.—C. K., St. Charles, Ill. If you have all the works published by Fowlers and Wells, you will find enough in them to study for a long time. You should attend a course of lectures with the view of getting a practical knowledge of anatomy, chemistry, and surgery, if you intend to be an accomplished physician.

INJURED ON A RAILROAD.—Mrs. J. C., Dayton, O., sends us the account of a promising young man who was severely crushed in the abdomen between two railroad cars, treated the usual way by bleeding and hot fomentations, stimulants, &c., and died in about a week of mortification of the injured part. The doctors objected to cold water to the injured part, on the ground that it would induce "internal congestion," the very thing their treatment was exactly calculated to produce. The treatment was wrong throughout. They should not have bled; and should have applied cold cloths to the injured part. If the body was cold generally, warm applications should have been made to the extremities, feet, arm-pits, &c.

MEDICAL EDUCATION.—H. B., New York. "This is said to be a very easy thing to learn, and find fault, and I am not able to learn it. What would you like to ask a few questions, and perhaps find a little fault."

If the study of the human system is so necessary to secure health, how happens it that as a general rule, the most ignorant are the most healthy? those who don't know a muscle from a bone, or lungs from liver, are the most healthy? I am sure. If one contracts me from general sick, he is truly a benefactor. It is very absurd, I think, to suppose that one must be educated in order to be healthy and happy. What do you suppose Adam and Eve knew about Physiology, or Medicine, when they dined?

What is the cause of suffering? Transgression. Well, what is the cause of transgression? Repression. And what is the cause of repression? *Don't know.*"

The necessity of a knowledge of anatomy, physiology, &c., is owing to the depravity of our natural instinct. Human beings as well as animals can have perfect health, by following out their natural propensities. But if they violate the laws of their being until they lose this guide, they must fall back on reason, or go on blindly to destruction.

The most intelligent in civilized society are the most sickly, simply because they are mistaught in their relations to physiology; and hence the greater the range of all other intellectual culture, the more extensive the means for transgressing the laws of life and health.

Adam, Eve, and Methuselah, had not our blunted senses; nor were they surrounded with a hundred temptations to sin physiologically, by one inducement to obey, as we are.

Among the causes of sickness and death in young persons, tea, coffee, flesh-meat, and above all, self-pollution, are prominent.

VARICOSE VEINS.—E. W., Mexico. "The large vein on the inside of the leg is enlarged, and presents a knotted appearance, from the knee to my foot. When it passes the knee it puffs out nearly as large as two of my fingers." Our horse-doctor calls it a regular blood-spavin. He prescribed a liniment for it, which I have used for some time, but it grows worse instead of better. Can such a thing be cured by water; if it can, will you please to tell how?"

When varicose veins have enlarged to so great an extent, they can only be cured by cauterization, or other surgical treatment.

THE BADGE QUESTION.—We have received from G. W. H., a rejoinder to the articles on this subject in our January Number, but we do not think the interests of the JOURNAL or of its readers would be promoted by continuing the discussion, and therefore respectfully decline it.

COLD WATER OR, WARM WATER.—"Please give your opinion in relation to Dr. Knapp's remarks in the Sept. Journal. One would think that if we are so harmonious as to wash ourselves in cold water, we must wash children in warm water, keep them in a warm room, and not even air them, if they drink cold water, nor bring them to the cold air, especially if they cry. I think our ignorant ones must have a new Encyclopedia."

The temperature of water for children may be tepid, cool or cold, according to the constitution and circumstances of the child. We still think the Encyclopedia is a correct guide in this matter.

PENDULOUS ABDOMEN.—A. T. LOWELL, Mass. "Is there any remedy (not to say 'cure') for a prolapsed condition of the viscera, so much so as to form what is termed the pendulum abdomen? The individual referred to is a female over fifty years of age."

A systematic and proper course of free gymnastic exercises, with a careful attention to diet, would remedy the deformity more or less completely.

SCROTALOCES SORE EYES.—M. G. W. "Dr. Trall, Dear Sir—Allow me to thank you through the Journal, for your kind instructions with regard to the little girl I consulted you about last summer. Please tell your readers, for their encouragement, never to give up. After following your directions for six months, she again walks forth, in the glorious sun-shine, the fresh air, and sports in the fields, after eighteen months of darkness and misery. She was given up by the physicians and her friends."

SCROFULA.—J. V. D. T., De Ruyter. "My right limb below the knee has always been enlarged, and subject at times to turns of inflammation, accompanied with a general fever. The muscles are hard and callous, and when an incision is made in any part of the limb, water is excreted of blood issues from it. Have a craving appetite with constipation."

The constitution has inherited or acquired in some other way the scrofulous diathesis. Treat the system as recommended in the Encyclopedia for scrofula; apply wet cloths to the limb whenever inflamed, and adopt a strict vegetable diet.

MILK DIET.—H. K. sends us an article on diet, in which occurs the following passage: "Can it be that Deity has subjected us to a diet [milk] that is unhealthy? Really that does not look very wise or benevolent, or would not if it were the act of man! Probably those who take this ground understand it well, and possibly they will enlighten their neighbors on the subject?" We think H. K. assumes the very thing to be proved. We hold that Deity has not provided milk as a human aliment except during the period of infancy. All the animal creation, all nature, is in harmony with this view. If he thinks differently let him advance his reasons, and we shall be happy to publish them. The same remark applies to his *assumption* in relation to concentrate food. Back up your opinions with your reasons, and your articles shall have place.

GOUTTE.—M. W. B. This disease requires a strict vegetable diet, pure soft water as a drink, and such heating as the temperature of the patient and circumstances of the case indicate.

STAMMERING.—A. B. S., Va. The majority of stammerers can be cured by proper vocal training, such as is taught in the New York Hydropathic and Physiological School. In some very hard cases, mechanical contrivances—which of which those of Mr. Bates are the best—are necessary. In either case, the patient wants a course of instruction or explanation.

DEAFNESS.—J. P., Millville, Mass. We can not tell the precise nature of your deafness, nor its causes from your description. Probably a plain diet, tepid bathing and syringing the ear occasionally, may benefit you more or less. "Prolonged fasting" is not essential. If practicable, you would do well to come to the city and have the case examined.

BODILY POSITION AND SUSPENDERS.—J. E., Petersburg, O. "In sleeping, should the head lie in a straight line with the body?" Is it best to suspend the pantaloons on the hips, or over the shoulders? The head should be slightly elevated on a thin pillow, not very soft; and for most persons, the most convenient way of suspending the pantaloons is by light elastic straps over the shoulders.

WATERBRASH.—C. J. R., South Charleston, O. This affection is a symptom of indigestion, and its cause is uniformly bad diet. Hence the remedy is found in proper food.

O. B. T., Concord, N. H.—There is no necessity for a particular kind of post for the wire fence. We suppose as for other fences, white oak or chestnut are best. When set, their position should be reversed from the way in which they grew.

Miscellany.

NEW BOOKS, and ADVERTISEMENTS for LIFE ILLUSTRATED, THE PHENOMENAL and WATER-CURE JOURNALS, may be sent to FOWLER and WELLS,

308 Broadway, New York;
1 1/2 Washington street, Boston, and
231 Arch street, Philadelphia.

To secure insertion, ADVERTISEMENTS should reach the Publishers on or before the 1st of the month preceding that in which they are to appear.

All appropriate and useful subjects, such as Literature, Agriculture, Mechanics, the Arts, Schools, and so forth, are deemed proper, while patent medicines, lotteries, liquors, tobacco, etc., will be scrupulously rejected.

A GOOD COMMENCEMENT.—Our friend HADLEY who recently retired from editorial life, commences his nursery operations this season by setting out sixteen hundred apple trees on his new farm, raised from the seed. That will do very well for a beginning.—*Watertown (W. Va.) Democrat.*

CAPITAL. Next to publishing the WATER-CURE JOURNAL the nursery or fruit-tree business is the most important. But, as we would have every body so live as to dispense with doctors, so we would have every man plant fruit-trees till the world shall be amply supplied. We would require every newly-married young farmer to plant one hundred fruit-trees the first season—and the wife, half-dozen grape-vines, raspberries, currants, strawberries, rose-bushes, shrubs, and make a "posey bed."

CATALOGUE OF FRUIT AND ORNAMENTAL TREES, by A. M. WILLIAMS, of Manlius, Onondaga county, New York, embracing a variety of all the standard fruits—such as the apple, pear, peach, plum, grape, cherry, quince, apricot, nectarine, currant, raspberry, strawberry; together with hints on transplanting, pruning, mulching, and so forth. Send to Messrs. WILLIAMS and CLARK for a catalogue, then give an order for a lot of fruit-trees, to be "set out" early in the spring. Try it, and see if it don't "pay." Then report progress to the WATER-CURE JOURNAL.

P. S.—We think this JOURNAL a good medium through which to announce trees and fruits, for every Hydropath believes in the utility and *necessity* of the "nursery" business.

LOSS AND GAIN.—We can safely promise that the perusal and practice of the doctrines laid down in the WATER-CURE JOURNAL will produce a great falling off in doctors' bills.—*Glen's Falls Republican.*

Sorry for the doctors, though we guess we shan't "bleed" much on their account. If the medicine doctor will only "take one advice"—not physic—they will make a leather apron of their "sheep-skin," and engage at once in some *useful* employment. The people have got quite sick, taking their remedies, and paying their—what you call em?

CONNUBIAL BLISS IN LONDON.—An English paper, descanting relative to the various qualities of conjugal bliss, states that in the city of London, the official records for the last year stand thus:—

Runaway wives.	1,32
Runaway husbands.	2,948
Married persons legally divorced.	4,175
In open warfare.	17,345
Living without understanding.	49
Mutually indifferent.	55,175
Regarded as happy.	3,715
Nearly happy.	127
Perfectly happy.	13

[Simply because they have not had their heads examined Phenomenally. But all this "mutual indifference" will be remedied, when the WATER-CURE JOURNAL gets abroad.]

THE "REGULAR" MEDICAL PROFESSION IN ENGLAND.—The Editor of *Household Words* says, English doctors are either too numerous, or too poorly paid.

I saw the average profits of all English qualified surgeons and apothecaries, calculated some little time ago; and, if I recollect rightly, they did not come up much as might be eighty pounds per year. Men may starve in secret, and their friends or private patients in their turn may come to earn a bit of pudding. The profession looks to an undiscerning public for patronage which is too unwisely and unequally distributed. It is full of struggling men, whose competition with each other would be fierce if it were not restrained by gentlemanly feeling and a rigid code of etiquette.

Now it is not at all surprising that the English people should decline such treatment as is usually administered by the Cod-Liver Oil Doctors. Nor that such doctors become paupers. Can't they see that the "people," who have had enough of that? Men and women are becoming almost as sensible as babies—and will not swallow poisonous doctor stuff, unless held and *strangled*. But the WATER-CURE is what sick folks want, and they don't want much of anything else.

MAKING PILES EASY TO SWALLOW.—A. H. COX, of London, patentee.—In order that persons may be enabled to swallow piles which have a bitter taste, with complacency, it takes a leather jacket which is incapable of being dissolved by water or oil, but which will dissolve in the juices of the stomach, and dissolve it in alcohol, and immerses the piles in this, so as to coat them: in other words, vanishes them. We apprehend they are scarcely equal to our Yankee sugar-coated ones.—*Scientific American.*

WONDERFUL COX of London! What a benefactor! He richly deserves a *leather medal* to wear around his neck. Oh, what a Philosopher—Inventor—and Philanthropist! Children will not be spanked, choked, nor strangled—deaf mutes—any more, for declining "a bitter pill," but will "take 'em down as a chicken takes corn." But then, there's the "after clap." What's to be done about that. Dear Benevolent Cox, why didn't you invent something to prevent the poison drug from "kicking up such a row"—"away down below," when it gets among the viscera? Do, Mr. Cox, try again. Can't you invent something else that'll make 'em easy?

WATER-CURE IN COLD WEATHER.—Referring to the *Crystal Fountain Water-Cure*, the *Sandusky Register* says:—

It is supposed by those who are uninformed in the philosophy and practice of the "Water-Cure," that the only proper time to attend such establishments is during the hot season. For those who are but "little indisposed," and only need a few days' rest, it is well to go in the summer; but for a short time to regain their wonted vigor, perhaps the hot summer season is the best; but, as we are informed, by high authority on this subject, the hot season is by no means the most favorable for a realization of the fullest benefits to those who are long time invalids. Therefore, the laws, Nature's bower in winter, with an healthful diet and proper exercise, will prove beneficial in summer, if in cool weather that the most permanent relief is obtained from a properly-directed Hydrostatic course, especially in diseases of long standing.

A FACT which we have before stated, yet now repeat, that the Water-Cure may be adopted by those who need treatment, but who stand shivering and dreading, in a hopeless, faithless mood. Ah, what a glow, what invigoration, what a surprising change of purpose would a little enterprise produce on the bodies of these dormant drones. "Wake them up." Give them a clean skin, expand their lungs with fresh air, nourish them with healthful food, and a wrecked constitution may be repaired quite as well, or even better, in winter than in summer.

THE HOG-KILLING SEASON.—We have arrived at such a stage in the hog-killing season, says the *Louisville Courier*, (Ky.) of the 22d ult., as to be enabled to form a somewhat detailed estimate of the crop and present market. The packing of the season of 1854-55 was in round numbers, 407,000 hogs, and the average weight 215 lbs, giving as the aggregate weight—say 407,000 hogs, of 215 lbs, each, 87,505,000 lbs. The packing for the season of 1854-55 will be exceeded 270,000 hogs, and the average weight not less than 190 lbs, giving a total aggregate weight—say 270,000 hogs of 190 lbs, each—51,300,000 lbs., leaving a deficiency of 36,205,000 or equal to 183,000 hogs, of 200 lbs, each. The result in prime lard may be stated thus: The season of 1853-54, with 407,000 hogs, gave an average of 27 lbs. per hog, or 11,000 lbs. head, say 407,000 lbs. of 27 lbs. head, is 10,889,000 lbs. The season of 1854-55, with 270,000 hogs, and 190 lbs. head, is 51,300,000 pounds, leaving a deficit of pure lard of 5,790,000 pounds.

All these hogs in human stomachs! No wonder folks think they ought to take physic, after such a meal! But we suppose hog-meat is not good for sausage than dog-meat. Neither are good for sick folks or children. No, sir, thank you—I don't care if I don't. I prefer FRUITS and FABIANACEA.

THE ARTESIAN WELL AT CHARLESTON.—GETTING UPON THE WATER.—The progress of the Artesian well is not very satisfactory. We were informed this morning by Mr. W. H. Pease, draper, has been attained of 1225 feet, having penetrated another layer of rock. The water gushes out at the rate of 25 to 30 gallons a minute, and has greatly improved in quality. An elderly gentleman who has attended the recent operations, has drank of the water within the last three weeks, and says he has increased seven pounds in weight, as well as in appetite. The water is supposed by Mr. Pease to possess medicinal qualities.—*Charleston (S. C.) News.*

Then the less he uses of it, the better. Pure water has no "medicinal properties," nor will medicated water produce fat. That idea is simply ridiculous. Pure water is soft.

KILLING CREATURES.—A doctor and a military officer became enamored of the same lady. A friend inquired of her which of the two suitors she intended to favor. Her reply was, that it was difficult for her to determine, as they were both such killing creatures.

It could not have been a Water-Cure Doctor, for ladies take to them as a duck to water. And why should n't they.

WORMS CIDER.—The Editor of the *American Agriculturist* says, he caused the worm company to make a sufficient number of bushels to make a barrel of cider, found that the quantity contained one thousand seven hundred and eighty-six of the description named. He inquires how the worm juice is separated from the apple juice when the worm become elder.—*Grande Farmer.*

Nicely seasoned, about equal to "lively" cheese; still, some folks seem to think the juice good to "the head-ache."

WHAT THE CITY OF MEMPHIS WANTS.—A remarkable Statistical Fact.—The Memphis *Whig*, of Sept. 20, informs us that the census of Memphis, recently taken by Mr. Edwards, estimates the population in that city 147 more males over twenty-one years of age than there are females; and 1050 more males over twenty-one than there are females over seventeen years of age. It follows that there are a thousand gentlemen who, if they wish to marry, may do so beyond the limits of Memphis to find wives. Perhaps Mr. Farham would do well to ship a colony of damsels to Memphis, now that she has supplied California and Australia.

There is no use in going so far for wives: if any or all of those one thousand gentlemen will send us an advertisement for our Matrimonial Department, we will contract to mate them; there are none of our Water-Cure girls but are worth having.

HOGS DYING WITH CHOLERA.—We learn that within the last week the firm of W. H. Pease & Co. have lost eighty to one hundred hogs at their distillery, situated at the outlet of the Skaneateles, one mile and a half north of this village. The disease is said to resemble the cholera—they vomit up a green substance and soon die. They bury their carcasses in trenches. The loss is considerable.—*Skaneateles, N. Y. Democrat.*

Why don't they "bleed" 'em, and send them to market? What a pity that much "human food" should be lost to the world—when if treated Allopathically it might all be saved! Would n't they do for sausage?

WATER-CURE AMONG ANIMALS.—One of our friends in Indiana, who sends us a list of subscribers for the Journals, reports the following case of instinctive Water-Cure treatment. The patient was none other, nor anything else, than one of those filthy animals—a swine—an infant!

"A few miles from this place, on a farm owned by a man well-known here, one of the pigs of a litter was observed to be ailing, and while the others thrived this little fellow plied away, and was in consequence put into a yard apart from the rest, as they thought to die. It so happened that there was on a hill-side in this yard, an ever-flowing spring of sparkling water, the water from which flowed in its course over a log, forming a 'young' cataract, under which, led by instinct, this little animal stood for some half a dozen or more. Well, Mr. Editor, what think you was the consequence? Why, the little fellow began to thrive immediately, and when last I saw it, was as brisk and large as the rest of the litter!"

"Now, I do not wish to be understood as valuing the life of such an animal, for I would that the whole 'herd' of swine ran violently down a steep place into the sea, and were choked," but in such a case we see the ostensible effects of water as a remedial agent. Do you not think many of our puny, sickly, plump little infants of the human race might be benefited to take cognizance of such facts of intuition?

"C. E. D."

WATER-CURE AND SOAP.—One of the most celebrated physicians of Philadelphia states that on last Saturday week he was summoned to attend a sick child by its mother, who, as all know, is a strict follower of the life-and-death church. The doctor, after looking at the child and feeling its pulse, ordered the mother to fill a large tub three parts with water—then get a pound of good yellow soap, and a coarse towel; put the child into the water, and keep it there until it was thoroughly bathed and rubbed.

"But, doctor," said the mother, "you mean to order some medicine, don't you?"

"For the present, this is all that is necessary. On Monday morning, I will call again."

With a smile, Monday, the child was perfectly well.

"Why, doctor," said the mother, "this is very strange—it is just like washing."

"Very like, indeed," answered the doctor, as he took his leave.—*Village Advertiser.*

A daily bath would render the further application of soap as a remedial agent, unnecessary.

"Is that a lightning-bug in the street?" asked a short-sighted old lady.

"No, grandma," said a pert little miss, "it's a big lug with a cigar."

Many a poor old man could build a house over his head with the price of the cigars and tobacco he has used.—*Yarmouth Register.*

Business.

FOWLERS AND WELLS, No. 308 BROADWAY, New York, Publish the following valuable Scientific and Popular Family Journals:

LIFE ILLUSTRATED:
A FIRST CLASS WEEKLY NEWSPAPER,
devoted to News, Literature, Science and the Arts; to ENTERTAINMENT, IMPROVEMENT, and PROGRESS. One of the BEST FAMILY NEWSPAPERS IN THE WORLD. TWO DOLLARS a year.

The Scientific American says: "It is of a large size and fascinates typewriting. Almost every branch of human knowledge is treated by able writers." *The Rhode Island Reformer* says: "We pronounce it the most beautiful Weekly in the Union."

THE WATER-CURE JOURNAL:

Devoted to Hydropathy, its Philosophy and Practice; to Physiology and Anatomy, with numerous Illustrations; and those laws which govern Life and Health. \$1 a year.

"The most popular Health Journal in the world."—*Evening Post.*

PHRENOCOLOGICAL JOURNAL:
Devoted to all those Progressive measures for the Elevation and Improvement of Mankind. \$1 a year.

"Devoted to the highest happiness and interests of man, written in clear, forcible, & elegant English. At the close of one dollar a year, it must succeed in rousing up its present large circulation to a much higher figure."—*New York Tribune.*

For THREE DOLLARS, in advance, a copy of each of these three Journals will be sent one year. Address, postpaid, FOWLERS AND WELLS, No. 308 Broadway, New York.

SHOWERS OF SHINERS.—Our subscribers in Oregon, Washington Territory, California, and in other "Hard Currency" States are remitting their subscription in the real "dust"—the "yellow boys." One, two, three, four or five gold dollars, or a half eagle, may be remitted by mail at single letter postage. When carefully "done up," there is no more danger than in sending bank-notes.

Large amounts should be sent in checks, or drafts on New York, Boston, or Philadelphia, *properly endorsed*, payable to FOWLERS AND WELLS. We pay cost of exchange.

The NEW SPRING BEDSTEADS, referred to in our January Number, are made of black walnut, and will be furnished to Water-Cure Establishments at wholesale prices. See Improved Portable Spring Bedsteads, in advertising department, for the post-office address of the manufacturers. We think this invention will drive feather beds out of use. Try it.

CITY ERRANDS.—Country friends may save themselves the time and expense of a trip to the city, by having a reliable acquaintance with whom to entrust their errands or business. Our subscribers—and are they not our friends?—sometimes write long apologetic prefices to their letters, begging pardon for "venturing to intrude so much upon your valuable time," etc., etc. But having no personal friend, relative, or acquaintance in the city, and wishing to obtain a few quires of writing paper, a box of pens, a bottle of ink, etc., etc., or wishing to subscribe for some other newspaper or magazine, they "venture" to ask the favor of us.

Now, we "reckon" all our subscribers our friends. We hold ourselves ready to do any errands, which our position in the middle of Manhattan Island will permit. One of the publishers of this journal is always prepared to "run errands" at short notice, in any and every direction. He is acquainted with all the editors, publishers, and stationers, with most of the merchants, hotel-keepers, steamship captains, railway conductors, and baggage-masters, express, and policemen—and, by the aid of a map, and city directory always at hand—he can direct strangers to the Banks, the Churches, the Five Points, and the Prisons, or, indeed, to any place, any body may want to go to, or *avoid* going to.

Verily, we can buy and ship all the "needles, pins, tapes, combs, thimbles, ribbons, and so forth," including all the dry goods in New York—*providing* we have the "means" and orders *how* and *where* and to *whom* to send. We can send by mail or by express—all the expresses running out of New York call daily at one door, 308 Broadway—or as freight, by horse, rail, steamer, packet, or hy—no, not exactly by telegraph, but by any thing else. So, friends, tell us what you want, how you "have it sent, and enclose the amount to our address, and you shall hear from us in double quick time." So, don't be hushful.

WOOD ENGRAVINGS.—Proprietors of Water-Cure Establishments can have views of their buildings engraved on wood, suitable for printing in magazines or newspapers, for \$15, \$20, or \$30, according to the size and quality—*fineness*—of the engraving. Send a good drawing of your establishment to the Publishers of the WATER-CURE JOURNAL, New York, and the engraving can be got ready in the course of a few days.

PARTNER WANTED.—A gentleman in Ohio having a suitable location for a Hydrostatic Establishment, and knowing from experience the superiority of the Water-Cure practice, is desirous of forming a copartnership with some competent practitioner. He entertains an opinion that a good establishment would be well sustained. For particulars, address WILLIAM WEEN, Marlborough, Stark Co., Ohio.

Matrimony.

MATRIMONIAL CORRESPONDENCE.

NEW SERIES.

COUPLES interested in any suitable for this department will be inserted in the following conditions: They must be carefully and legibly written, must be accompanied by the true name and address of the writer (not for publication), and an *INNASTROY FEE*, at the rate of \$1 for one hundred words. Unless all these conditions are strictly complied with, no attention will be paid to them.

The name and address of each writer will be registered in a private ledger, and will in no case be divulged except to persons whom we believe duly authorized, according to the terms of the communication, to receive them.

Any application for the name of a writer, must give his or her own true name and address, and inclose a *reprint* envelope or a three-cent postage-stamp. The number of the communication referred to should always be carefully stated; also whether Old or New Series, and the number of the Journal in which it appeared. Candidates become "engaged" or declining for any reason further introduction, will do well to notify us (prepaid) to that effect, that we may refuse their name and address to later applicants.

We can not send the name of applicants to writers, without sending their own in return, unless such conditions are expressly stated in the advertisement.

PREPARE YOUR POSTAGE.—To insure attention, all communications should be postpaid, and it will save us much trouble if those writing replies be accompanied with an envelope, properly directed to the writers thereof.

"**SALLY ANN,**" New Series, No. 20, requests us to withdraw her name.

No. 63.—Having enjoyed 32 years of single blessedness, I feel it not meet to be alone in this social world. **TERESA, RESOLVED.** To accept the first oon offer. I admire Truth, Temperance and good sense.

No. 64.—Am 22 years of age, neither handsome or ugly, but have a good figure, and a good complexion. Am in no hurry about marrying; but think I should like to find my partner as soon as 31. Am 5 feet 4 inches in height, and weigh 115 lbs. I am a good housekeeper, and can do with one who could do without tea, coffee, pork, beef, mutton, and rice;—but a practical and sober man, anti-tobacco, and I care not if he be poor. I will not be a burden to any man, and I am not in need of a husband. I will be a good wife, and a good mother. Age anywhere between my own and 40. **GERTRUDE.**

A written description of the above can be seen at our office. We wish to let her to be just what she appears to be. Her greatest fault is too great willingness to devote herself to the interests of others.—*EN.*

No. 65.—Will just whisper in the ear of "A Comical Candidate," that I am very well pleased with his advertisement in the *Water-Cure Journal*. Also, those best acquainted with me say, I possess the qualities described by "Ben Radical," January number, with the exception of the domestic affairs of a small family; for one who more particularly desired a social, rather than a business companion.

BLANDINA.

No. 66.—"Fitzwilliam" is a widower, age 36, with three children—two girls—13 and 11, and a boy three years old. He is an unmerciful and carriage painter; healthy, notwithstanding his business, for he follows the laws of health, rainmet, bathing and diet.

He is without friends, and would like a partner; but would want one who is not a gambler, and who has a good name; the Moral Organ well developed. Her age should not be greater than his own. He deems it unnecessary to go into detail of his personal appearance, as he is a man of middle size, and would like to correspond, as well as receive, in his character. His address can be had from *FOWLERS AND WELLS*.

No. 67.—A Hydrostatic lady, not yet twenty-five, whose education has in no particular been neglected, thinks herself capable of making an affectuous and healthful companion, for one who is not a gambler, and who has a good name; the Moral Organ well developed. Her age should not be greater than his own. He deems it unnecessary to go into detail of his personal appearance, as he is a man of middle size, and would like to correspond, as well as receive, in his character. His address can be had from *FOWLERS AND WELLS*.

No. 68.—I am a member of the New Church, belong to a good family, affectionate, in favor of Hydrostatic and Homeopathy, and zealous in general; love home, and with such a conjugal as described in No. 45, should be happier than there anywhere else. Age 25; height 5 feet 4 inches; weight 115 lbs; hair black, eyes brown; complexion fair; nose straight; teeth white; no children; no child living; am thirty-nine years of age, though rarely taken for more than thirty; healthy delicate; think a change of climate and situation might improve it. *LAWRENCE.*

No. 69.—I am twenty-four years of age, rather above average in height; have dark hair, light eyes, light complexion; a good heart, and a good mind; am a good housekeeper, and independent enough to do what I think is right; have a cheerful disposition, and always enjoy myself at home. Use neither tobacco, nor beer, nor wine; am a good mother; have a kind, refined feelings, and kind disposition, and know I can love the lady of my choice with the warmest affection. I am in ordinary circumstances, but am engaged to a good, respectable business, in which No. 54, New Series, is in search.

No. 70.—I am a native of Pennsylvania, five feet eleven inches high, straight, with dark hair and eyes, and am said to be good-looking. I am twenty years of age. In diet I am not particular, but like all kinds of good food, and drink beer. I use no spirituous liquors, no tobacco, except occasionally a cigar. I am of true American parentage, and would wish a wife of the same. I am a good housekeeper, and a good mother; have a kind, refined feelings, and kind disposition, and know I can love the lady of my choice with the warmest affection. I am in ordinary circumstances, but am engaged to a good, respectable business, in which No. 54, New Series, is in search.

No. 71.—WANTED—A wholesome companion; one of the Society of N. Y. noblemen; square, or intending to be, in some literary or scientific pursuit; with dark hair, bright eyes, and well-developed features; and a good figure.

My age is twenty-five; above medium height; light complexion; of a social, affectionate, and studious turn of mind; and a believer in all progressive reforms. *CASAS.*

No. 72.—Ruth is in search of a congenial spirit. She is of medium height; dark hair and eyes; above of middle size; and the complexion fair; wishes to be united with one whose tastes are in unison with her. He must be rather tall, intellectual, and good-looking; not over twenty-six; would prefer a lawyer. *ROSE.*

No. 73.—I am tall, well formed, healthy, cheerful, industrious, economical; believe the Bible in its original volume; read the paper; think for myself; have faith in the people—little in their rulers—none in the Pope, Jesuits, or Alsatians. I like to go to the theater, and the opera, and take every opportunity to inculcate their doctrines.

I would like an intelligent, Christian husband, with a good education; with a good income; with good physical and mental habits; with a soul attuned to love and philanthropy, and capable of sympathizing with my tastes. *ANNA.*

For name and address, apply to FOWLERS AND WELLS.

ROUND HILL WATER-CURE,

AND

MOTORPATHIC INSTITUTE,

AT NORTHAMPTON, MASS.

This celebrated Water-Cure, and delightful retreat, has been undergoing the most thorough repairs, and is now being enlarged, by the addition of a fine four story building, of modern style, with new front of nearly one hundred feet. Although heretofore one of the largest Institutions of the kind, it has been found wholly inadequate to the accommodation of patients seeking admission. The Institution now covers an area of nearly

Four Hundred Feet in length, and Forty-five in width,

and is much the largest private infirmary in this country. The Bathing facilities are wholly remodeled and extended, covering an area of OVER ONE HUNDRED AND FIFTY by FORTY-FIVE FEET; and embracing OVER FORTY PUBLIC AND PRIVATE BATH-ROOMS.

There are also fine Bathing-Rooms and Wardrobes attached to many of the private parlors, and every convenience of this kind that could be desired. In front of the buildings are extended balconies, and verandas twelve feet wide, commanding the most beautiful prospect in New England—the Connecticut River Valley, environed by mountains and studded with numerous villages. The view is indescribable and truly magnificent. The Institution is situated in a beautiful grove of fifty acres, upon an elevation of three hundred feet above the river—which, gliding by the base of the famous MOUNT TOM, and Holyoke, greatly relieves the prospect.

The grove about the buildings is set up into parks, vistas, carriage-drives and promenades, and affords a most grateful shade in the heat of summer. To those seeking rest, comfort and relaxation, the beauty and salubrity of Round Hill afford a most delightful addition and attraction over most other places. Here is found bounding mountain air, and pure liquid water from the springs. OVER ONE HUNDRED THOUSAND DOLLARS have been expended on the grounds and buildings. There is every kind of healthful recreation—such as Gymnasium, Billiards, Bowling Alley, &c., for patients and guests. At the base of the hill, and bordering the extensive grounds of the Institution, lies the beautiful village of Northampton—noted for its wealth, refinement, and cultivated society. JENNY LINN, after a three months' residence, called ROUND HILL

"THE PARADISE OF AMERICA."

Within the past year, FIFTEEN HUNDRED CASES OF CHRONIC DISEASE have been treated in the Institution, by Dr. HALSTED, and his associate, Dr. STRONG. Of this number, OVER ONE HALF were CASES OF FEMALE WEAKNESSES; to which class of disease Dr. H. continues to devote himself, with his usual success.

No one afflicted with such a complaint, however complicated and long-standing, need despair of obtaining relief. His system of treatment in such cases is peculiar to himself, and almost infallible in the reduction of all kinds of Misplacements. Particular attention is also paid by himself and associate to those numerous chronic complaints of both sexes, arising in organic or functional derangement of the Spine, Stomach, Liver, Lungs, &c.—such as CURVATURES, DYSPSEPSIA, RHEUMATISM, JAUNDICE, NOCTURNAL WEAKNESS, BRONCHITIS, &c. The treatment in all such cases is most thorough and efficient, and the results speedy and certain. Although every variety of Bath and mode of application of water are employed, still reliance is not placed upon Water alone, as many of the patients seeking admission are those who have gone through a long course of simple Hydrostatic treatment at other institutions. Hydrostatic, in the case of many diseases, is only all-powerful when employed, as at Round Hill, in combination with other simple and efficient means of cure; and it is to this mode of employing it, in connection with his peculiar system of MOTORPATHY, that Dr. HALSTED attributes his unexampled success in the cure of obstinate Chronic Diseases.

Many patients are brought on beds hundreds of miles, and in a few weeks are able to walk about and engage in active exercises. The experience of THOUSANDS OF INVALIDS, who have gone through the routine of all other kinds of practice, without obtaining permanent relief, attests the wisdom and science of the means here employed, and the unquestionable benefits resulting from the same.

In corroboration of these facts, Drs. HALSTED and STRONG take pleasure in referring to the following, among many individuals:—

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CHATTEL SLAVERY,

and to consider WASHINGTON, JEFFERSON, and other early patriots, as having been needlessly conciliatory; with the first principles of the

DECLARATION OF INDEPENDENCE

are scouted on the floor of Congress, it becomes important to have reliable information of the practical workings of a system that threatens to overshadow this country.

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Varieties.

CRACKED WHEAT.—**E**VERY MAN HIS OWN MILLER.—The question, "What shall we eat?" has been decided. "The staff of life"—as every body knows, is **BREAD**—not **pork**—and the **best** bread is made of **wheat, rye, corn, oats, barley, and other grain**. Wheat, in the middle, western and northern States and provinces, is more extensively used for bread than any other kind of grain; and all things considered, it is every way the best. But it should be *properly prepared*—not ground to a powder, then boiled, baked, or cooked to the taste. For particulars on this point, see *Hydrostatic Cook Book*. But the object of this is to inform the reader how he may become "his own miller." For eight dollars, a good portable hand-mill which will grind or crack, say, two or three bushels per hour, may be obtained in this city.

For three dollars, a smaller, though inferior mill, may be had, which will answer the same purpose.

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Every family should be provided with a mill of sufficient capacity to grind or crack their own grain.

Superfine flour is not as healthful or nutritious, and should not be eaten, especially in invalids. Better adopt the rude mode of the real "Native Americans"—the Indians—and pound in **mortar** the grain we eat, than have it spoiled by the millers. We advise the proprietors of Water-Cure Establishments to set up a mill for himself, and have it propelled by hand, horse, wind, water, or steam power, whichever he likes best.

ENCOURAGEMENT FOR QUACKS.—The gorgeous and costly mansion described below, and the splendid pile of buildings recently erected in this city by Dr. Brandreth, and the superb stores and elegant dwellings not long since constructed by Dr. Moffat, evince a shrewdness on the part of some of our "enterprising fellow citizens," and a guillity on the part of "the many," neither very creditable to "moral honesty" nor "popular intelligence." Probably the majority of these whose dollars have been contributed toward furnishing the Sarsaparilla man with the \$200,000 house, and the pills and bitters' men with equally expensive structures, will not thank us for intimating to them that, all and singular the *virtues* there is or ever has been in the "most extraordinary" sarsaparilla at a gallon a bottle, can be found in the cheapest kind of sweetened liquor, which could be profitably afforded at thirty cents a gallon; and that all the *virtues* of all the pills and bitters of all the Brandreths and Moffats in creation, could be had in aloes, jalap, and alcohol, so mixed and mingled as to be at least as cheap as the sweetened liquor above mentioned. However, so long as the people have a will to be humbugged, humbuggy will be in the field to oblige them. It is a fit subject for a moment's philosophical reflection, that a large proportion of the most "magnificent palaces" which adorn our streets, have been built on the profits of rum, tobacco, and quack nostrums. Perhaps some good comes out of these evils, after all.

The magnificent Palace now building for Dr. S. P. Townsend, of sarsaparilla notoriety, on the Fifth Avenue, corner of 34th street, is now rapidly approaching completion. The exterior is of brown stone, handsomely wrought, and although very imposing it conveys no idea of the costly elegance of the interior, as may be imagined from the following description in the *Journal of Commerce*:

The cost is to be about \$200,000. The building is 90 by 56 feet, and occupies five lots of ground, in an elevated position, which cost \$42,000. Its general appearance is of the rich massive character common to many first-class houses, though more massive, and arranged in a more solid and original style. It has a sarsaparilla, however, in those who have visited the European continent, that the house has some resemblance to the residence of the last Duke of Parma. Upon entering, the visitor finds himself at the threshold of a grand hall, 20 feet on each side by tiers of galleries and columns which extend upward till they meet in a termination under a gorgeous dome. The galleries, walls, and columns are all decorated in the richest manner, with fresco-painting, gilding, and elaborate mouldings. The prevailing color employed in decorating the ceilings being blue, relieved with gold, these are presented most prominently to the eye, but

the effect of the whole, when first beheld, is to bewilder with a sense of magnificence. The columns supporting the grand three-story entrance are surrounded by a series of Corinthian style, which are surmounted at the base on the first story, by pilasters of scagliola. Passing to the rear in one corner of the edifice, is a grand spiral stair-case, having a diameter of about twenty feet, and terminating in the highest story, beneath a high domed ceiling, which is decorated with various pieces of statuary, and ornaments in plaster. Fresco, gold, and carved wood are introduced at the discretion of the artist. The cost of this stairway will not be far from \$3,000. The chamber and other apartments above are fine in the same superb style. The fresco paintings on the walls, especially represent scenes in Italy, though there are many figures, scenes, &c., purely fanciful; other portions, such as are designed for the picture gallery and library, are classic; the bathing rooms are furnished with large, polished, white, and gilded, angelic figures. One of the most interesting parts of the building, which occupies a portion of the third and fourth stories, is the apartment is thirty-three by sixteen and a half feet, finished in the Gothic style, and is to be provided with a superb altarpiece, to represent the baptism of the Redeemer. The Gothic windows are of stained glass, and are ingeniously colored, entering through a single circular window of stained glass. There is also a gymnasium, with suitable apparatus for physical exercise, and a bowling saloon. The upper floors being too lofty to receive water from the public works, a tank is provided, into which water for the use of the house is forced. The grand hall is twenty-eight by twenty-four feet, and it is said that twenty pictures for it are in course of preparation in Italy, by the best living masters, at an average cost of \$1,000. Some of the apartments are provided with very costly pictures. We suppose the cost of the building and grounds is estimated at \$200,000; the contract for stone is about \$30,000; fresco painting, \$6,000; plastering from \$8,000 to \$10,000, and the carpenter's contract is about \$30,000. The architect is John Paxton.

HOW TO TAKE A SCIENTIFIC DAILY MORNING ABLUTION IN COLD WEATHER.—In all the ways, habits, and actions of life, there is a "right way" and a "wrong way," a scientific way and a bungling way. And the scientific way will always be found to agree with the *healthy, unpreverted, natural* instincts. But our instincts are woefully depraved, and need our utmost care in rejuvenating them as much as possible. There is a scientific, and also a bungling way to eat, drink, and to sleep. Many object to the morning bath in cold weather, "it's so co-oold!" It makes them shiver just to think of it. Besides, they "tried it, and it chilled them through, and did more hurt than good." On investigation it is generally found that they have "bungled" the matter. I will give what I conceive (after ten years' experience) to be the real *scientific*, and at the same time the most agreeable, simple, and economical way of taking a daily morning bath in cold weather. Rise early; keep on the night shirt and pour about a pint and a half of water into the wash-bowl; wash briskly the face, head, neck, and ears, and wipe them dry with a towel. The small quantity of water gradually gets warm during the bath, and prevents too great a chill, a great advantage to weak, delicate and nervous persons. Then strip, and with a coarse towel dripping wet, wash briskly the whole surface of the body, not neglecting the feet, and *between the toes*. Go over twice, except when the weather is extremely cold, but with beginners and delicate persons once is enough. Dry off with a coarse dry towel, and finish with a brisk rubbing with the hands, (which increases electrical action) the whole surface, and especially the soles of the feet, when there is any tendency to coldness of the extremities. The whole time consumed need not occupy more than five to eight minutes. In cold weather, the quicker the better. Dress, and take out-door exercise immediately, and offer up your morning prayer to God; for you will enjoy life, experience an exhalation, a serenity and clearness of mind, and feel more like offering thanks than, than at any time, especially if you are correct in your dietary habits, and habitually abstain from all abominations in the shape of narcotics and stimulants.

II. C. FOORE, Marietta, Ohio.

SHAVING.—The writer of an article in the *WATER-CURE JOURNAL* against the beard movement, and in defence of shaving, gives as one of his reasons that the face can be kept *cleaner* when shaved! Why, in the name of common sense, don't that man shave his head? We see no reason, except that it is the *custom* to shave only the beard, and if "custom" is a sufficient reason for shaving the *beard*, why do we not shave our eye-brows? It is the "custom" in some countries, and what reason have we to suppose that the custom of shaving the *beard* is as good as our own? Besides, we can keep our eye-brows *cleaner*; don't you see? Clear as mud!—*Wisconsin Home*.

We guess Brother Doty wears his whiskers. But what will the women say?

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